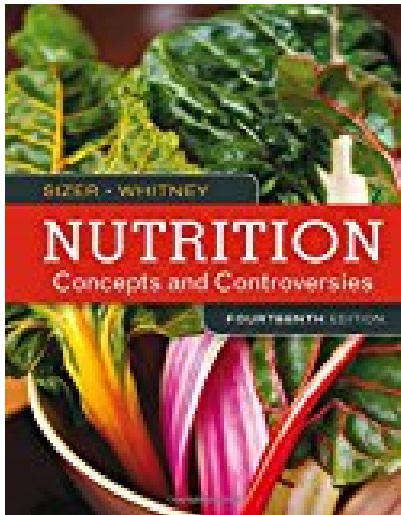


# Nutrition Concepts and Controversies

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## BOOK DETAILS

- Author : Frances Sizer
- Pages : 896 Pages
- Publisher : Brooks Cole
- Language : English
- ISBN : 1305627997

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## BOOK SYNOPSIS

You've heard the phrase, "You are what you eat"? This text gives you a better understanding of the phrase, and hits home the simple but obvious truth. You really are what you eat! Nutrition Concepts and Controversies has been a cornerstone in nutrition classes across North America, serving the needs of students and professors in building a healthier future. In keeping with this tradition, the Second Canadian Edition will continue to explore the ever-changing frontier of nutrition knowledge in Canada, reflecting our Canadian cultural identity and helping students achieve both their learning and health goals, while maintaining strong user-celebrated pedagogy. Nutrition: Concepts and Controversies focuses on nutrition principles and their application while offering outstanding coverage of the biological foundations of nutrition without assuming previous knowledge of them. The Canadian edition incorporates Canada's new food guide along with a wealth of Canadian examples, references and updates.

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