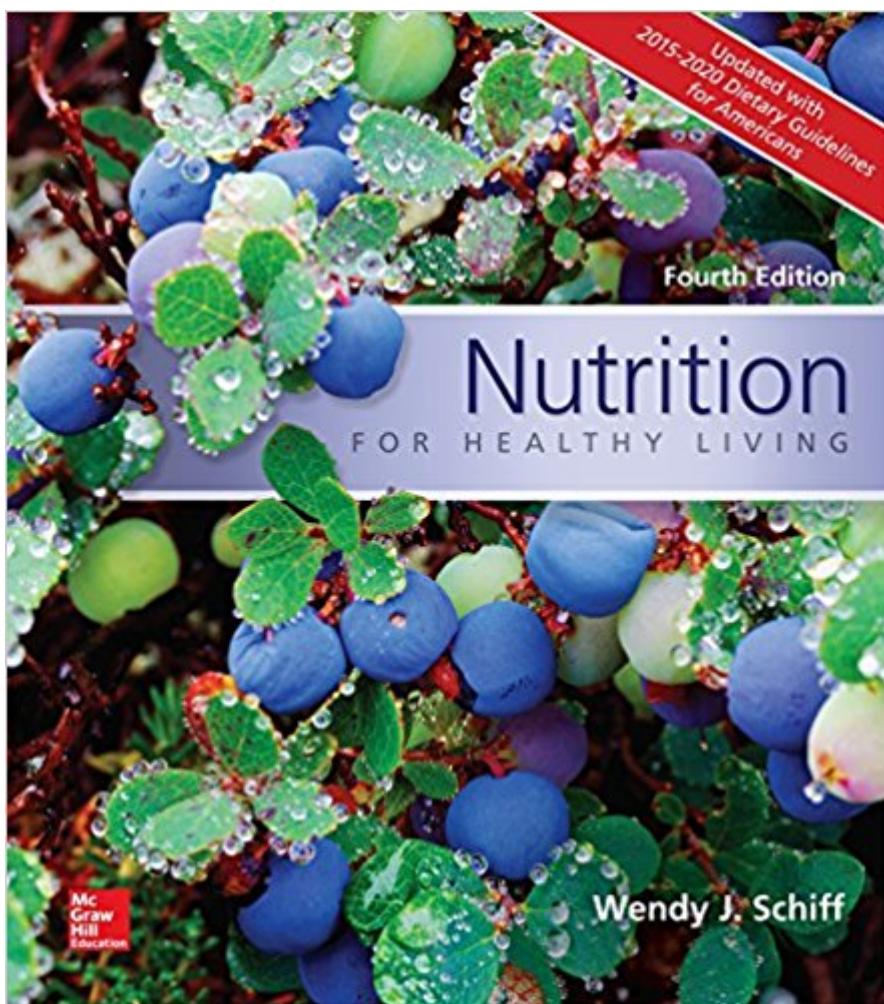


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Nutrition For Healthy Living Updated With 2015-2020 Dietary Guidelines For Americans



Synopsis

Completely revised, up-to-date, and redesigned, the fourth edition of Nutrition for Healthy Living takes an innovative approach to introductory nutrition for non-science majors. With its unique, concise organization and a distinct focus on consumerism, this engaging, fun-to-read text provides students with the scientific foundation needed to make informed nutritional decisions well beyond the classroom.

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Wendy J. Schiff MS, RDN received her BS in biological health/medical dietetics and MS in human nutrition from The Pennsylvania State University. She has taught introductory foods and nutrition courses at the University of Missouri-Columbia as well as nutrition, human biology, and personal health courses at St. Louis Community College-Meramec. She has worked as a public health nutritionist at the Allegheny County Health Department (Pittsburgh, Pennsylvania) and State Food and Nutrition Specialist for Missouri Extension at Lincoln University in Jefferson City, Missouri. In addition to authoring Nutrition for Healthy Living and Nutrition Essentials: A Personal Approach, Wendy has coauthored a college-level personal health textbook and authored many other nutrition-related educational materials. She is a registered dietitian nutritionist and a member of the Academy of Nutrition and Dietetics.

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