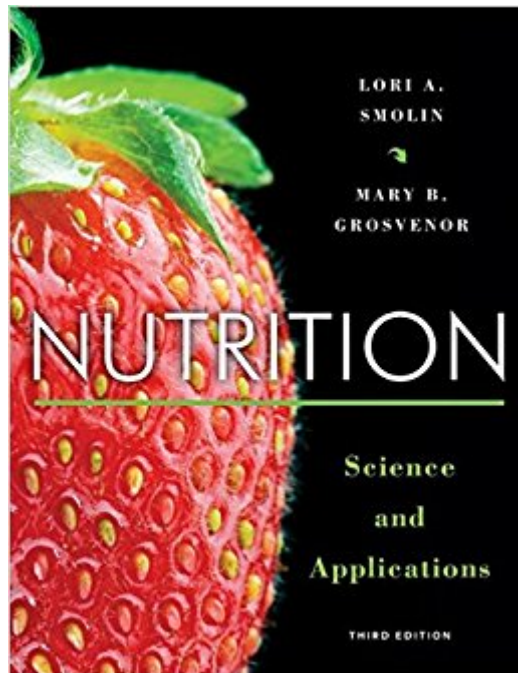


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Nutrition: Science And Applications



Synopsis

Nutrition: Science and Applications, 3rd edition helps develop the scientific understanding to support personal and professional decisions. Using a critical thinking approach, Smolin brings nutrition out of the classroom and allows students to apply the logic of science to their own nutrition concerns both as consumers and as future scientists and health professionals. The text has been developed through collaboration between the authors and the Nutrition Advisory Board, a team of dedicated nutrition instructors who help review and develop all of Wiley's nutrition resources. Access to WileyPLUS sold separately.

Book Information

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Customer Reviews

Using this college text for an advanced high school course on Nutrition. We calculated nutritional needs (calories and food choices) for the average student, the athlete, the person who needs to improve his diet, restrict calories, decrease fats, and we have been able to do extensive food label analysis using this book. Do you read and understand food labels? Understand RDA? This is a very good textbook, and my parent wants to keep it as a reference, because it contains information to be able to calculate caloric needs, explain food groups, and link to all current government nutrition websites, such as Choose My Plate.gov. She will be able to explain nutritional needs to her patients and their parents. A new edition is coming out this year, but this book is still current, and written by college nutrition professors.

The design of the ebook is almost unusable. It is a pain to use, as Kindle for PC and Kindle for Android struggle to flip pages or even do searches for keywords. I tried one of my e-physics books on kindle from a different publisher and I was able to flip pages and search keywords effortlessly, so it's due to the weird restraints/design that Wiley put on the material.

Good book. Used it for school

I really enjoyed reading this textbook. It was thorough enough that I fully understood the concepts, but also succinct. I really can't stand authors that go off on long tangents. This textbook was very clear and easy to read. Loved the way it highlighted all the important terms and had very clear paragraph headers so I knew exactly what to read when studying. I know this is an older edition, but as far as I can tell the updated edition only makes changes to the sections on the updated food pyramid/myplate stuff. I used this older (and cheaper) version and had no problems in class.

Even though I primarily purchased this textbook because it was required for one of my classes, it is one that I will hold onto. Whether you're interested in the biological aspect of nutrition or just the practical side for healthy living, this is the book for you. It may look dense, but all of the information is very well-written and explained thoroughly. Also included in the appendixes are helpful guides and recommendations that you can apply to your own life! As a side note, my textbook DID NOT include the Wiley iProfile. However, this is available through the textbook's main website and I HIGHLY recommend purchasing the disk. It's really neat how well you can track your diet and interesting to see what changes you should make.

Great book and great price

I bought this book for a nutrition class but it has inspired me to take nutrition seriously. I learned so much from this book about eating right and taking care of my body.

Exactly as description provided. Perfect

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