



Nutrition & You: Core Concepts for Good Health

Joan Salge Blake

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Nutrition & You: Core Concepts for Good Health is an exciting new title in the introductory consumer nutrition market. Drawing on the strengths cultivated in Joan Salge Blake's majors and non-majors editions, this new text addresses the needs of the growing consumer market through a focused review of key nutrition topics and a hands-on, lively approach to useful information for everyday good nutrition and health.

Through the use of short, focused concepts rather than longer chapters, this text provides you with practical information and engaging tools that help you make positive changes in your nutrition and overall health, while covering the elements essential to a consumer-oriented introductory nutrition course. It exceeds key competitors in the market through its targeted content, useful features, lively readability, and accessible design—all intended to engage you and encourage you to apply this new knowledge to your daily life.

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