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Contemporary Nutrition

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CONTEMPORARY *Nutrition*

Ninth Edition

Completely Updated! Includes MyPlate, Healthy People 2020, and Dietary Guidelines for Americans, 2010

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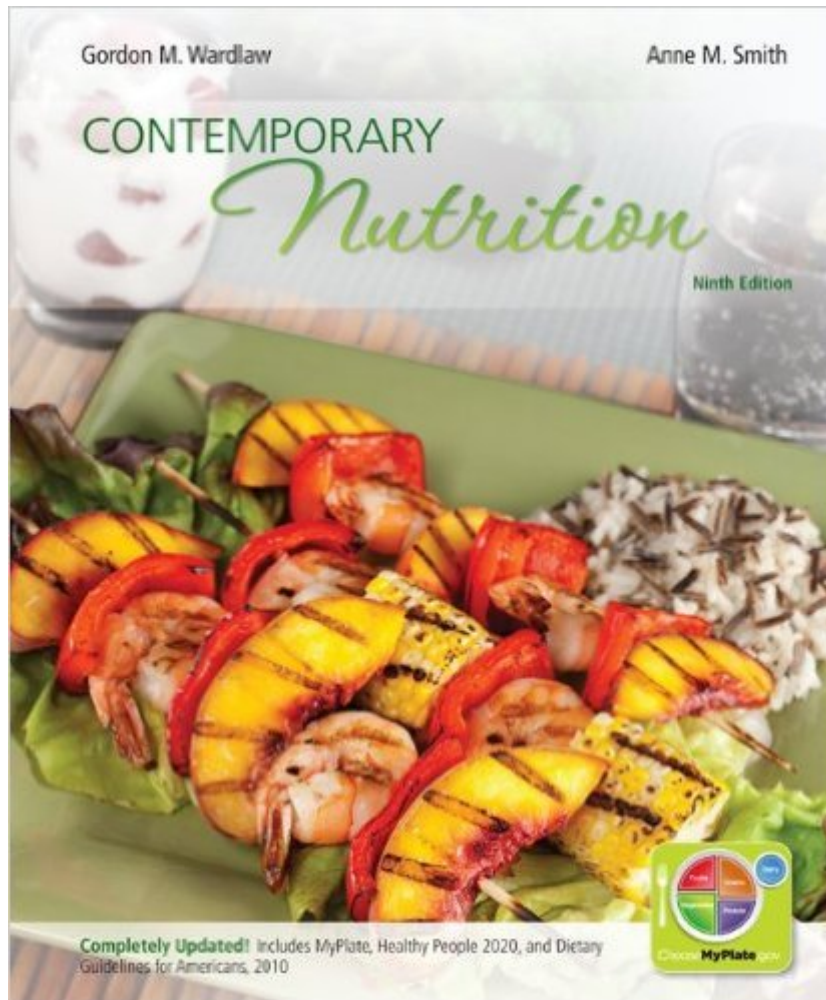
Synopsis

Contemporary Nutrition is a complete and balanced resource for nutrition information written at a level non-science majors can understand. Completely revised and up-to-date with MyPlate, Healthy People 2020 and Dietary Guidelines for Americans, 2010, it provides the ideal balance of reliable nutrition information and practical consumer-oriented knowledge. With a friendly writing style, the authors act as the student's personal guide to dispelling common misconceptions and to gaining a solid foundation for making informed nutrition choices. Contemporary Nutrition emphasizes that a population consists of individuals with varying genetic and cultural backgrounds, and these individuals will have varying responses to diet. The knowledge gained from this text will allow students to personalize nutrition information and empower them to make better choices in their daily lives. Users who purchase Connect receive access to the full online eBook version of the textbook.

Book Information

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Customer Reviews

The book is fine as a lone book if you don't need the access code. If you're buying it for a class, you probably do need the access code.As noted in the other review, this book as sold by DOES NOT come with the required online access code. If your class requires the online McGraw-Hill Connect access then you will either have to buy it from them for an additional $45 or buy the book + access code somewhere else.

Full of obvious gramatical mistakes and format errors (that have never been corrected throughout its

many editions of the book). Required for Nutrition class. Literally one of the worsts textbooks I have ever read (and I have read every page of it as required for this class). The chapters are confusing and lengthy because of their over complicated word styles and horrible definitions. Tables and paragraph content are full of inaccurate information and are only relevant until about 2006 and rarely 2008; it's based on old research and standards. I am already in Chapter 11 of 16 and it still hasn't shown progress in the amount of depth it takes to understand true nutrition. All of this nutrition information is centered around what the government wants you to buy and eat, aka my pyramid and MyPlate.gov. If you're buying this for yourself and personal use, GET A DIFFERENT BOOK or just see what LiveStrong or MyPlate says you should do. It is easier and less frustrating to read. If you need this for a class, get it USED - you will never want to read it again - good luck!

I love the book, and I rented it but man it is expensive to buy. At least the loose leaf that they wanted us to buy was expensive. This book however, paired with the right professor was worth every penny. There is plenty of invaluable up-to-date information about nutrition in this book. I really enjoyed learning about everything and have already changed some of my eating habits because of it.

I took a class that required this book... The big problem was that it didn't come with a code to use the activity center thing on the internet. So i had to spend even more money on that.

Rented for class, received as expected in perfect condition.

I took an online course requiring this text and was very pleased with the presentation of the material and the content that is relevant to today's views and beliefs on dieting and nutrition. Certainly worth the rental charge.

I needed this book for school and it arrived promptly, and is actually a very useful book, even outside of school. I would recommend it to anyone trying to get their foot in the game.

It's a text book which required in my class. Bought it second hand. Still good condition. The context also really good, easy to understand and explained every concept clearly.

Feline Nutrition: Nutrition for the Optimum Health and Longevity of your Cat Battling Lung Cancer

With Nutrition (Battling Cancer With Nutrition) (Volume 2) Nutrition and Weight Management (Healthy Eating: A Guide to Nutrition) Krause's Food & the Nutrition Care Process, 14e (Krause's Food & Nutrition Therapy) Nutrition and Diet Therapy (Nutrition & Diet Therapy) Williams' Basic Nutrition & Diet Therapy, 15e (Williams' Essentials of Nutrition & Diet Therapy) Nutrition Essentials and Diet Therapy, 11e (Nutrition Essentials and Diet Therapy (Peckenpau)) Nutrition and Diagnosis-Related Care (Nutrition and Diagnosis-Related Care (Escott-Stump)) Williams' Essentials of Nutrition and Diet Therapy, 10e (Williams' Essentials of Nutrition & Diet Therapy) Manual of Medical Nutrition Therapy: A Nutrition Guide for Long Term Care in Louisiana Nutrition Counseling Skills For The Nutrition Care Process International Dietetics & Nutrition Terminology (IDNT) Reference Manual: Standardized Language for the Nutrition Care Process Nutrition Care of the Older Adult: A Handbook of Nutrition throughout the Continuum of Care Academy of Nutrition and Dietetics Pocket Guide to Nutrition Assessment Nutrition for a Healthy Mouth (Sroda, Nutrition for a Healthy Mouth) Modern Nutrition in Health and Disease (Modern Nutrition in Health & Disease (Shils)) Wardlaw's Contemporary Nutrition Contemporary Nutrition A Contemporary Christmas: 9 Arrangements of Contemporary Christian and Classic Favorites (Sacred Performer Collections) Metaphysics: Contemporary Readings: 2nd Edition (Routledge Contemporary Readings in Philosophy)