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Dr. Byrd-Bredbenner has authored numerous nutrition texts, journal articles, and computer software packages. She has received teaching awards from the American Dietetic Association (now the Academy of Nutrition and Dietetics), Society for Nutrition Education, and US

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The Complete Guide to Sports Nutrition is the definitive practical handbook for anyone wanting a performance advantage. What you eat and drink are important considerations when it comes to maximising your sports performance. Whether you are a professional or amateur athlete, or just enjoy regular workouts, well-chosen nutrition strategies can enhance your performance and recovery after exercise. This fully updated and revised edition incorporates the latest cutting-edge research and provides all the tools to help you reach your performance goals. This ninth edition includes accessible guidance on the following topics: · Maximising

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Wardlaw's Perspectives in Nutrition has the richly-deserved reputation of providing an accurate, current, in-depth, and thoughtful introduction to the dynamic field of nutrition, and the eleventh edition has been enhanced for both students and instructors. This edition continues the tradition of presenting scientific content that is reliable, accurate, and up-to-date, and it

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incorporates coverage of recent nutrition research, as well as the recent updates to consumer guidelines and tools -- Dietary Guidelines for Americans, MyPlate, Healthy People 2020, and the new Nutrition Facts panel. It also retains the in-depth coverage students need to fully understand and appreciate the role of nutrition in overall health and to build the scientific knowledge base needed to pursue health-related careers or simply live healthier lives. To enhance these strengths and promote greater comprehension, new research findings and peer-reviewed references are incorporated and artwork is enhanced to further complement the discussions. The presentation of complex concepts was scrutinized to increase clarity through the use of clear, streamlined, precise, and student-friendly language. Timely and intriguing examples, illustrative analogies, clinical insights, culinary perspectives, historical notes, future

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perspectives, and thought-provoking photos make the text enjoyable and interesting to students and instructors alike.

The 9th edition of this nutrition classic, *Present Knowledge in Nutrition*, published by the International Life Sciences Institute Press, is hot off the presses. In continuous publication since 1953, *Present Knowledge in Nutrition* has been thoroughly revised and is an essential reference for inclusion on the bookshelves of dietitians, physicians, researchers, food industry scientists, educators, students, nutrition policy makers, and other nutrition professionals.

This text examines major nutrition concepts: the body's use of nutrients, diet planning throughout the life cycle, and food choices to meet nutrition goals.

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Updated and revised to address current concerns about nutrition throughout the life cycle, "Nutrition for Foodservice and Culinary Professionals, Seventh Edition" successfully covers core nutritional topics such as carbohydrates, vitamins and minerals, and dietary needs from a culinary perspective. Bursting with a full-color design and plenty of photographs and illustrations, Drummond and Brefer link nutritional concepts with healthy cooking techniques and recipes. Each book comes with a nutritional software CD-ROM that enables readers to create recipes, modify recipes, and analyze the nutritional content of recipes. Chefs, restaurateurs, dieticians, and other foodservice professionals will find this book an invaluable reference and guide to meeting the nutritional needs of all their customers.

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The TLC (Therapeutic Lifestyle Changes) Diet is a low saturated fat, low cholesterol diet that was originally designed to help high-risk patients reduce their high blood cholesterol levels, as well as lowering risk for developing heart disease and suffering future heart attacks. However, this diet isn't just for those dealing with health problems, because recent studies have also revealed that TLC happens to be one of the healthiest and best overall diets for anyone interested in a healthier lifestyle. U.S. News and World Report recently ranked TLC as the #2 best overall diet, as well as being one of the best diets for heart healthy eating (#2) and overall healthy eating (#2). The TLC Diet was created by the National Institutes of Health's National Cholesterol Education Program and is considered a medically-sound and well-researched diet. As opposed to

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gimmick diets that are often debunked, this diet will be around for the long term. However, unlike other diets that offer a step-by-step plan, TLC requires effort and attention on the part of the follower for long-term success. The Complete Idiot's Guide® to the TLC Diet offers readers a structured program not only for eating and cooking for TLC success, but it offers guidance for healthy lifestyle changes that will provide a non-gimmick, medically-proven plan for anyone interested in healthy, life-changing results. Readers will learn the often confusing differences between "good" and "bad" cholesterol, how to cook and eat right to get the desired results, and how to change their lives for the better with this sound, healthy program.

Nutrition for Foodservice and Culinary Professionals, 9th Edition

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balances the perspectives of a nutritionist and a chef, offering the most up-to-date coverage of national dietary guidelines and engaging the learner in practical, hands-on application of each concept in the course. Nutrition 9th Edition is for nutrition (or "healthy cooking") courses in a culinary arts curriculum and intends to be a practical, how-to program with up-to-date information on national nutrition guidelines and standards for food preparation and labeling.

Health Promotion Throughout the Life Span - E-Book

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