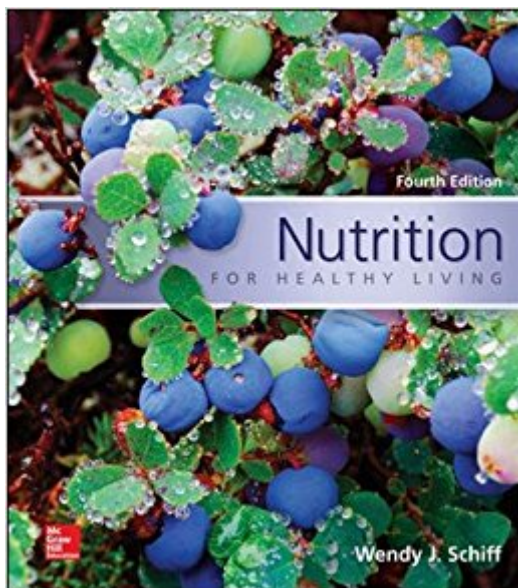


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# Nutrition For Healthy Living



## Synopsis

COMING SOON: Revised for 2015 Dietary Guidelines 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.

## Book Information

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Average Customer Review: 3.9 out of 5 stars 32 customer reviews

Best Sellers Rank: #10,672 in Books (See Top 100 in Books) #20 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Nutrition](#) #61 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Basic Sciences > Physiology](#) #76 in [Books > Medical Books > Basic Sciences > Physiology](#)

## Customer Reviews

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.

I purchased this book for my daughter. This book was the book required for a class she was

taking. She passed the class using the book, so it got the job done. I put a video below so she could tell you a little bit about it. Hope this helps.

I rented the book for my Nutrition and Drug class at school and learned so much knowledge which i'm currently using today. I would recommend the book to anyone looking to get a better grasp on their health.

Just as full of interesting and useful information as it is full of horrid grammar and spelling errors. And the online supplemental material is even worse. Wendy Schiff desperately needs a good editor, and to learn the proper use of the word "comprised", which she used well over 200 times in the book, and nearly all of them were incorrect.

Textbook looks great but do know when you order from this company they do NOT provide a tracking number. When you choose regular shipping for your product(s), which is between I believe 4-14 days, it's going to take the longer period to get to you. My book took me 11 days to get to me, 3 weeks after I had started school. I had contacted the seller twice and both times they got back to me quickly, however did not follow up in finding the tracking of my textbook like they said they would which was a little frustrating.

It doesn't have the learnsmart registration code useless for my class my professor is not letting me use this book unless with the registration code.

it will not give you a code to apply to the class be careful for what you ask for

It was required for my online course and it helped because everything for the exams was straight from this book. very easy to read but a lot of information.

Was misleading, it is the outdated version and the picture that was put up was the updated version! I'm very upset, and so I'm not leaving a single star!!!

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The Lupus Recovery Plan: Healthy Nutrition To Treat Lupus Naturally (Healthy Nutrition and Living

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