



Nutrition, Fourth Edition: Myplate Update

Paul Insel, Don Ross, Kimberley McMahon, Melissa Bernstein

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Nutrition, Fourth Edition is an up-to-date, accessible introduction to nutritional concepts, guidelines, and functions. This text provides students with accurate, scientifically based information on topics and issues that concern them—a balanced diet, weight management, and more—and encourages them to think about the material they’re reading and how it relates to their own lives. The MyPlate Update integrates the latest nutritional standards – the new Dietary Reference Intakes, the 2010 Dietary Guidelines, and MyPlate (which replaces the former MyPyramid) – right within the book, providing instructors and students with the most current information available.

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