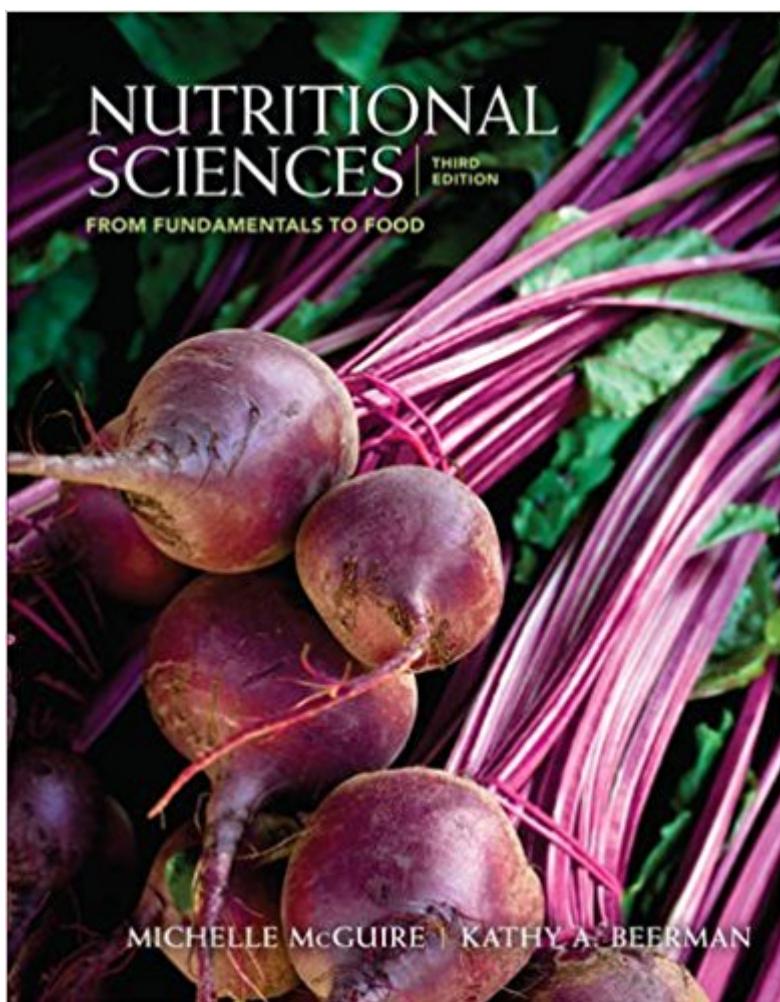


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# **Nutritional Sciences: From Fundamentals To Food (with Table Of Food Composition Booklet)**



## **Synopsis**

Crystal Clear Science + Compelling Applications = A Balanced Program for Teaching and Learning

In a concise format, NUTRITIONAL SCIENCES: FROM FUNDAMENTALS TO FOOD, 3/e clearly explains the scientific principles underlying nutrition while incorporating applications to promote a complete understanding of core concepts. This integrated approach provides a strong science foundation in a context relevant to students' daily lives and their careers. Supported by an impressive visual design, engaging case studies and interactive digital resources, NUTRITIONAL SCIENCES offers a unique, balanced program for teaching and learning.

## **Book Information**

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## **Customer Reviews**

Dr. Michelle "Shelley" McGuire teaches in the Department of Food Science and Human Nutrition at Washington State University. She is the author of several published articles, and specializes in the research of understanding of how breastfeeding and lactation influence both maternal and child health and well-being. Recent research has focused on investigating how maternal diet influences milk fat content and, thus, energy intake and fatty acid consumption of the breastfeeding child. Dr. McGuire has been teaching the basic nutrition course for several years and has a strong appreciation of the course, its goals and objectives, and the variety of student needs. This experience coupled with her strong writing and research background has helped her create an exciting and refreshing text for the introductory nutrition course. Dr. Beerman teaches in the School of Biological Sciences at Washington State University. She is the author of several published

articles assessing the impact of bioactive components in soy (isoflavones) on health parameters in menopausal women. More recently, she has been studying the prevalence of iron deficiency anemia in rural, impoverished regions of Guatemala, and efficacy of a novel approach to improve iron status in women and children. Dr. Beerman teaches the 300-level nutrition course for health-related majors (Nutrition, Health, and Disease), as well as courses related to women's health (Biology of Women). She also teaches a course in teaching methodology (Teaching Methods in Higher Education) for graduate students. Since joining the faculty at Washington State University in 1989, she has taught more than 12,000 students and has been the recipient of several college and university teaching awards. Dr. Beerman's years of teaching experience, combined with her wide knowledge base in nutrition, health sciences and educational pedagogy, has helped create this innovative introductory nutrition text.

I bought this for a class. The text is well organized and detailed. The book breaks down the details of nutrition making it easy to understand and building from one chapter to the next. I came away from the class with a much better understanding of how I should eat in order to be healthy, how my body uses food and how it reacts to food.

Nice presentation of information; easy to understand and apply. Lots of colorful diagrams and pictures. Love the tear out chapter quizzes in the back (caution if you buy the book used, they might have been ripped out). I did find one error in the quizzes: Chapter 12, question 9-the answer should be "b" and the key has "d". Other than that-love it!

Using this particular text in an online MS degree in nutrition. Very thorough and well grounded in the nutrition sciences.

Great book! Shipping was fast!

Great illustrations and very straightforward. Great for my class since my teacher isn't that good.

Book arrived in excellent shape as promised.

I purchased this book as part of my doctoral program. It is excellent. Many side articles that are practical. Lots of pix'. Very well presented.

Very informative and an easy read. Way too expensive though. As a student feel the high prices of books are ridiculous

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