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Human Nutrition: Science for Healthy Living is an interesting, engaging, reliable, and evidence-based introductory textbook with a wide variety of features to promote active learning. A clinical emphasis appeals to all, but is of particular relevance to those studying nutrition, dietetics, or health science professions, including nursing.

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I took a Nutrition class as a General Ed in college as part of the curriculum of my program, but it was amazing how much I learn about healthy and unhealthy diets, vitamins, antioxidants, food labeling, food marketing, etc etc.

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In addition to coauthoring Human Nutrition: Science for Healthy Living, Wendy has authored Nutrition for Healthy Living and Nutrition Essentials: A Personal Approach. She is a registered dietitian nutritionist and member of the Academy of Nutrition and Dietetics. Tammy J. Stephenson, PhD, received her BS in Food Science and Human Nutrition and PhD

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healthy diets in magazines and cookbooks, make sure to look for one that: ... Hensrud DD, et al. The Mayo Clinic Diet. 2nd ed. Rochester, Minn.: Mayo Foundation for Medical Education and Research; 2017. ... "Mayo," "Mayo Clinic," "MayoClinic.org ...

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Whether you are teaching in school, homeschool, or you just like to teach your kids about nutrition, use these lesson ideas to make education fun! For more free printable nutrition lesson plans go here. Also check out Healthy kids Challenge for great nutrition curriculum tools ...

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Human Nutrition: Science for Healthy Living. Human Nutrition provides the framework for students to not just memorize facts, but to truly learn and apply the science of nutrition. The knowledge gained can be applied not only to a future profession, but, just as importantly, to everyday life.

Nutrition

Soy milk is usually fortified with calcium and vitamins A, D, B-1 2, and riboflavin. Read the Nutrition Facts panel for information about the percentage of calcium and vitamin D in the milk. Regular soy milk can substitute for cow's milk as a beverage or in recipes. Soy milk cheeses and yogurt are

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also available.

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More Popular Language Arts Activities for Health & Nutrition; Literature, Health, & Nutrition Connected. Whether you want to focus on novels that reveal the dark aspects of not being healthy, or you just want quick and easy printables to reinforce discussions on nutrition, this is the section for you!

Human Nutrition: Science for Healthy Living

Tammy J. Stephenson, PhD, received her BS in Food Science and Human Nutrition and PhD in Nutritional Sciences from the University of Kentucky. She has taught a wide variety of food, nutrition, and wellness courses, including introductory nutrition, to majors and nonmajors in the Department of Dietetics and Human Nutrition at the University of Kentucky for the past 15 years.

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