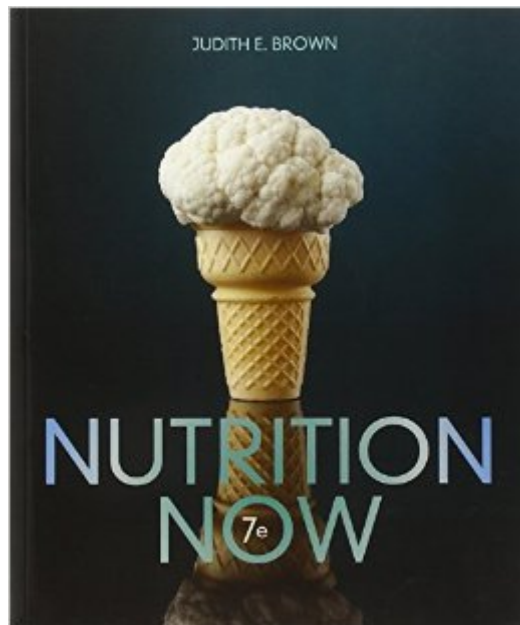


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# Nutrition Now



## Synopsis

NUTRITION NOW introduces non-major students to the science of nutrition while engaging them through active learning exercises and applied, real-world examples. This text's unique modular format (33 units) helps students focus on critical content by organizing the material into smaller sections and provides instructors the flexibility to choose which units to cover and modify the order to meet course goals and objectives. This evidence-based text uses a direct, student-friendly writing style that makes content approachable, but not oversimplified. The emphasis on active learning and critical thinking allows instructors to design an interactive environment regardless of class size or format (in classroom or online). NUTRITION NOW offers a flexible option to meet your course needs that will get your students excited about the science of nutrition. Available with InfoTrac Student Collections <http://gocengage.com/infotrac>.

## Book Information

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Average Customer Review: 4.0 out of 5 stars Â Â See all reviews Â (27 customer reviews)

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## Customer Reviews

Most of the book is written based on opinion, and extreme statements are made based off of very limited and insufficient research or experiments. Upon tracing the references listed, you will be led to a dead end (a source that is ambiguous and will NOT lead you to the source she made her extreme claims from. Be wary, don't be gullible, regardless if some writers and reviewers are accredited, that does not mean what they write will be accurate. The chapter on alcohol and fluoridation/water (bottled too), will show clearly what side she's on for they are written with an impossible to ignore subjective view, and not objective, as facts should be (that's what makes them

facts and not opinions). Very conflicting information than other nutrition sources. On the bright side I liked the use of pictures as well as the organization of the book.

This is a great book To learn more about nutrition or two he was in a nutrition or health class. There are many graphs, surveys, and studies that are very helpful. It shows many different cultures ways of life, and modern America. This can be very helpful if you want to learn the basics of nutrition, having a healthy lifestyle, and different diets and ways of eating. This is a great book and has been very useful in my nutrition and health class. I would reccomend.

"If losing weight was all it took to achieve the cultural ideal of thinness, nobody would be overweight." If that excerpt from the book doesn't make you walk away shaking your head, there's a problem. At one point Saturated Fat is defined as "the type of fat that tends to raise blood cholesterol levels and the risk for heart disease. They are solid at room temperature and are found primarily in animal products such as meat, butter, and cheese." This has no basis in reality. Of course this may be more of an indictment of the field of nutrition as a whole than of Dr. Brown's book, but she seems to be content to cite from very poor sources such as experiments with sample sizes of under 20 participants. Steer clear from this book.

The book is very easy to read and simplistic. I rented this through . There was quite a bit of writing in it from previous users. Nothing is more frustrating than doing review problems with the answers written right by the question.

Yes, I did purchase this for a college course, but I just wish the pages were bigger. Zooming in to fit on the full kindle screen is not what I thought I'd have to deal with.

I had to get this for one of my elective classes and it's an ok book to have if you are getting a certificate or degree in nutrition.

I like all the features & the ease of reading the diagrams, & the real world connection the book presents

The first part of the book is in relatively bad condition. But the rest of the book is very good.

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