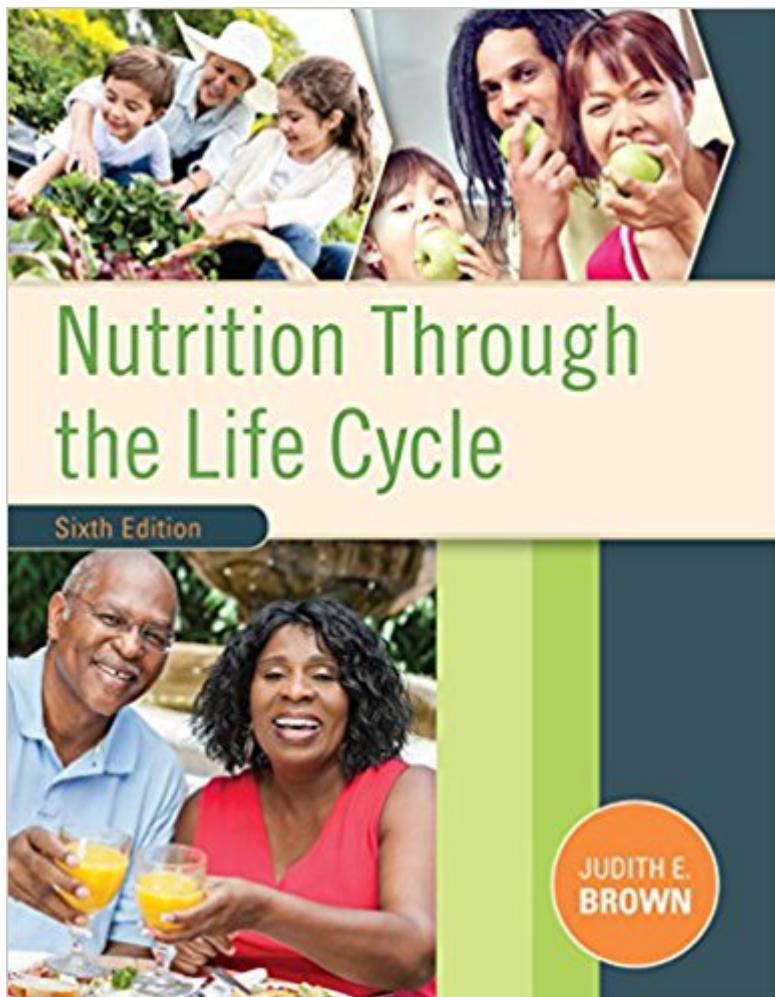


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# Nutrition Through The Life Cycle



## Synopsis

Understand how diet impacts your health with **NUTRITION THROUGH THE LIFE CYCLE**, Sixth Edition! Based on the latest research available, this text explores the many ways nutrition impacts your growth, development, and normal functioning as you progress through each stage of life, along with some common ailments that can result from nutritional deficits. Packed with current research and resources to help you build your knowledge base, the text alternates between "normal" nutrition and clinical applications, to address each life stage completely. **NUTRITION THROUGH THE LIFE CYCLE**, Sixth Edition also shares insights of expert authors -- from registered dietitians and other clinical professionals to teachers and researchers -- to help you grasp major concepts and see the truly critical role of nutrition in human health today. Available with InfoTrac Student Collections <http://gocengage.com/infotrac>.

## Book Information

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Average Customer Review: 4.7 out of 5 stars 9 customer reviews

Best Sellers Rank: #3,405 in Books (See Top 100 in Books) #7 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Nutrition #66 in Books > Health, Fitness & Dieting > Nutrition #105 in Books > Health, Fitness & Dieting > Diets & Weight Loss

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featured throughout the text illustrate theories in practice, helping you relate complex nutritional

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Judith E. Brown is a nutrition researcher, writer and speaker who provides consultation services to the food and pharmaceutical industries, and government health programs. As a Professor Emeritus of the Division of Epidemiology and the Department of Obstetrics and Gynecology, University of Minnesota, she successfully obtained and completed large, competitively funded research grants related to nutrition and health. Her areas of expertise include scientific advising on new product development, advising on product evaluation studies, public speaking to professional groups, consumer-oriented publications on topics specific to health and nutrition, and expert opinion papers on safety and efficacy of nutrients, neutraceuticals, and fortified products. Dr. Brown has more than 30 years of instructional experience in the field of nutrition. She has also been involved with writing for several years and has written more than one hundred research articles for publications. She is the author of *NUTRITION THROUGH THE LIFE CYCLE, THIRD EDITION* (Wadsworth, 2008). An avid researcher and an exceptional writer and teacher, Judy Brown is one of the most influential and respected authors in the field.

I had to read this book for a class, and found information relevant across all of my classes that semester. It gives a good dose of several different ideas and topics, and does so with interesting

excerpts and light-loaded chapters. Not hard to read at all for anyone interested. If you end up taking any nutrition classes, this book provide a foundation for which you can distinguish principles. It is currently the assigned reading in several nutrition classes on this side of town. If you are just looking for books on nutrition, I would look for more specific transcripts and cheaper alternatives.

Wonderful book, great rental price

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