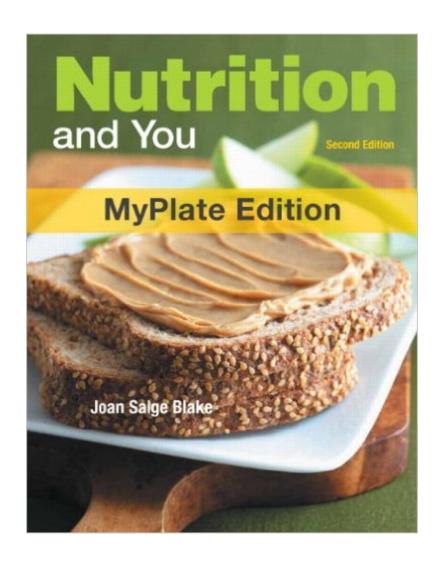
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# Nutrition And You, MyPlate Edition (2nd Edition)





## **Synopsis**

With a new Consumerism chapter, enhanced art and photos, and timely updates, this Second Edition of Nutrition and You personalizes nutritionâ "helping you make healthy nutrition choices and encouraging you to become an informed consumer of nutrition information. Throughout, each vitamin and mineral are introduced in self-contained spreads, called Visual Summary Tables, that help you learn to identify the key aspects of each nutrient at a glance. Youâ TMre encouraged to relate the science of nutrition to your own dietary habits, helping you to separate fact from fiction and to distinguish high-quality nutrient sources from those of lesser quality. After reading this book, youâ TMII know to think critically about information sources and the claims made in the popular press and online. The MyPlate Edition features a write-to-fit update so that you have the latest nutrition information right within your book. New information includes the new MyPlate graphic (which replaces the former MyPyramid), the 2010 Guidelines, and the new Dietary Reference Intakes. Â

#### **Book Information**

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### **Customer Reviews**

I typically try to be cordial on reviews. When I see phrases in all caps, I imagine some delirious person who more than likely did not read the instructions. Well, I must admit, I read the directions and took a calculated risk. It did not work in my favor, however. I have purchased books on for 5 semesters now. I have yet to have any issue with it, until this book. I will say that once again, gets 5 stars for their customer service and attempting to help me, but this product is not worth the

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