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Understanding Nutrition 14th Edition pdf. As the name indicates "Understanding Nutrition 14th edition" really helps us understand the nutritional science. It has been written by Ellie Whitney & Sharon Rady Rolfes. To start with we have tables on RDA (Recommended dietary allowance) and AI (Adequate intake).

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Ellie Whitney grew up in New York City and received her BA and PhD degrees in English and Biology at Harvard and Washington Universities. She taught at both Florida State University and Florida A&M University, wrote numerous newspaper columns on environmental matters for the Tallahassee Democrat, and coauthored almost a dozen college textbooks on nutrition, health, and related topics, many of ...

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Understanding Nutrition presents the core information of an introductory nutrition course. The early chapters introduce the nutrients and their work in the body, and the later chapters apply that information to people's lives-describing the role of foods and nutrients in energy balance and weight control, in physical activity, in the life cycle, in disease prevention, in food safety, and in hunger.

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Understanding Nutrition is a practical and engaging introduction to the core principles of nutrition. Building upon Ellie Whitney and Sharon Rady Rolfes' classic text, this second Australian and New Zealand edition equips students to optimise health and wellbeing. With its focus on Australia and New Zealand, the text incorporates current nutrition guidelines, recommendations and public health nutrition issues relevant to this region of the world.

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