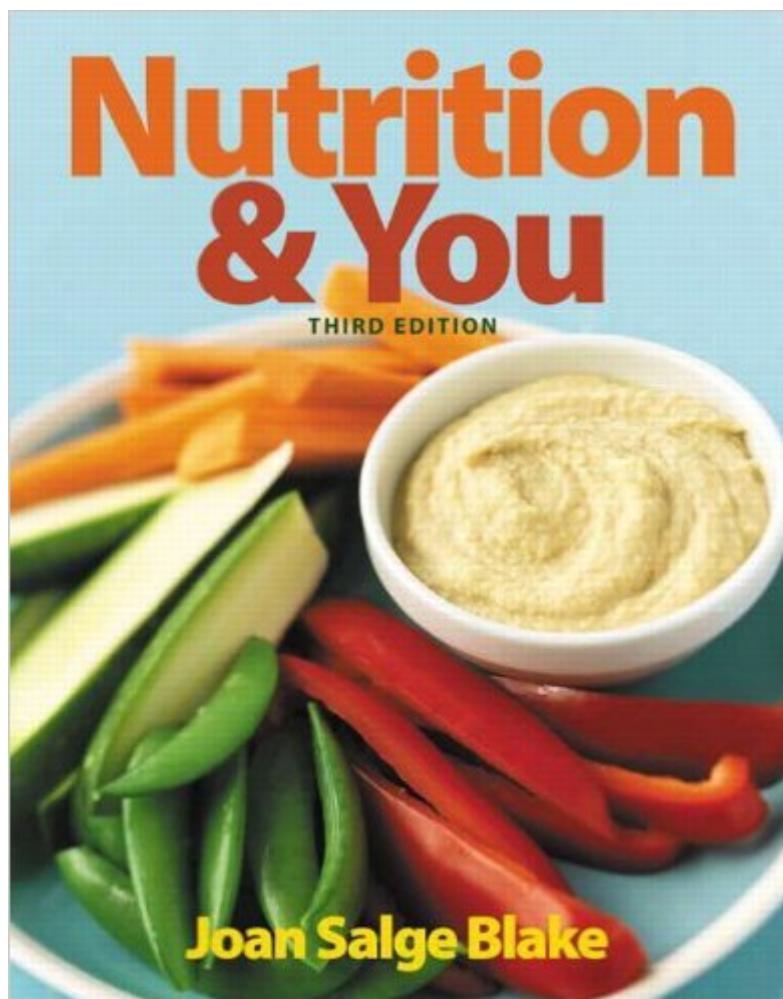


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Nutrition & You (3rd Edition)



Synopsis

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Book Information

Paperback: 720 pages

Publisher: Pearson; 3 edition (February 1, 2014)

Language: English

ISBN-10: 0321910400

ISBN-13: 978-0321910400

Product Dimensions: 8.4 x 1.3 x 10.7 inches

Shipping Weight: 3.2 pounds

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Customer Reviews

Good but could use some updated information. There is not really a section about different diets, such as gluten free, paleo, soy free, etc. and a lot of people with allergies or different diet preferences could use information about how to adjust to their new diets and maintain nutrition. Some of the information in this book is outdated but it is otherwise a great nutrition textbook and is mostly accurate.

This textbook was top notch quality! I originally chose this textbook over the physical textbook because of the price. However, after receiving the eBook and playing around with it I realized that the eBook is just as beneficial and helpful, if not more so, than the physical textbook.

You can't really do much about the textbook you are assigned to use in a course, so I will only deduct this review one star due to the fact that the textbook is not very user-friendly. If you can

choose a different book, do so because this one is extremely lengthy in the chapters, does not get to the point very quickly, and it is hard to reference as a study tool. Other than that, I received it in good condition and am pleased with the overall quality of the book.

Nice textbook. Helped a lot with my nutrition course and it was great because I just rented it so it wasn't as expensive as buying the book. Too bad that you don't get a \$5 credit or something when it is returned.

The book came to me in great shape and was exactly what I asked for. Thank you for giving me a cheaper option without reducing the quality!

Love this book! Lots of great information, made easy to understand. I bought this for my nutrition class. Came in good condition as well.

Don't agree with most of it as it follows many FDA guidelines, but still very informative and generally useful and easy to read.

A great textbook with a lot of useful information for everyone. This book is a keeper, not just for class.

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