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•• Nutrition is a science that encompasses all the interactions that occur between living organisms and food. Canadians today are eating more fast food, processed foods, and prepared foods and spending less time preparing meals and eating at home than 50 years ago. This is affecting the healthfulness of the diet.

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4 PART 1 NUTRITION BASICS AND APPLICATIONS Daily Reference Values (DRVs): a set of values that covers nutrients, such as fat and fiber, that do not appear in the RDA tables. Expressed as % Daily Value (%DV). Diet: (a) the foods that a person eats most frequently; (b) food considered in terms of its qualities and effects

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professionals. This second Canadian edition of this market leading text has updated references throughout, with seamlessly integrated Canadian content and an approach that helps students develop the scientific understanding to support their personal and professional nutrition decisions.

Nutrition: Science and Applications, 4th Edition helps students develop the scientific understanding to support their personal and professional decisions. Using a critical thinking approach, Smolin brings nutrition out of the classroom and allows students to apply the logic of science to their own nutrition concerns – both as consumers and as future scientists and health professionals.

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The Right Balance for your Nutrition Course! Nutrition: Science and Applications First Canadian Edition guides students towards an understanding of the scientific principles underlying what they know about nutrition. The text's strong coverage of the science of nutrition balanced with excellent applications and Canadian iProfile software will help students gain effective decision-making skills about nutritional choices. It will prepare students for their future studies and careers as well as apply the science to their everyday lives. Effective use of Canadian content integrated throughout the text enables students to identify with situations and examples in the textbook. Chapter 2 has an extensive exploration of the history and evolution of Canada's Food Guide (CFG). Instructors no longer have to do independent research to include Canadian content into lectures. The

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interpretation of research results and give the student an opportunity to apply the concepts learned - both as consumers and as future scientists and health professionals.

Work more effectively and gauge your progress along the way! Designed to be used alongside Smolin and Grosvenor's Nutrition, 4th Edition, this Study Guide provides students with a wealth of material to help ensure that they are successful in the course. This study guide includes chapter outlines, multiple-choice questions, short-answer review questions, and a variety of learning activities. Ice cream or sorbet, red meat or fish, fruits or pastries, eggs or oatmeal – our lives are filled with choices about what we eat. That's why Lori Smolin and Mary

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Grosvenor's Nutrition: Science and Applications, 4th Edition helps you understand how to analyze nutritional information and apply your knowledge to the nutrition issues you face each and every day. Now updated to include the new Dietary Reference Intakes (DRIs) published in the fall of 2002, the Fourth Edition offers new and expanded coverage of such cutting-edge nutritional topics as the relationship between genetics and body weight regulation and the ecological impact of genetically modified foods and organic food production. In addition, this edition features a new chapter, Meeting Nutrient Needs: Food Versus Supplements, which discusses the benefits and drawbacks of meeting nutritional needs with foods, fortified foods, and supplements, as well as the role of herbal supplements.

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