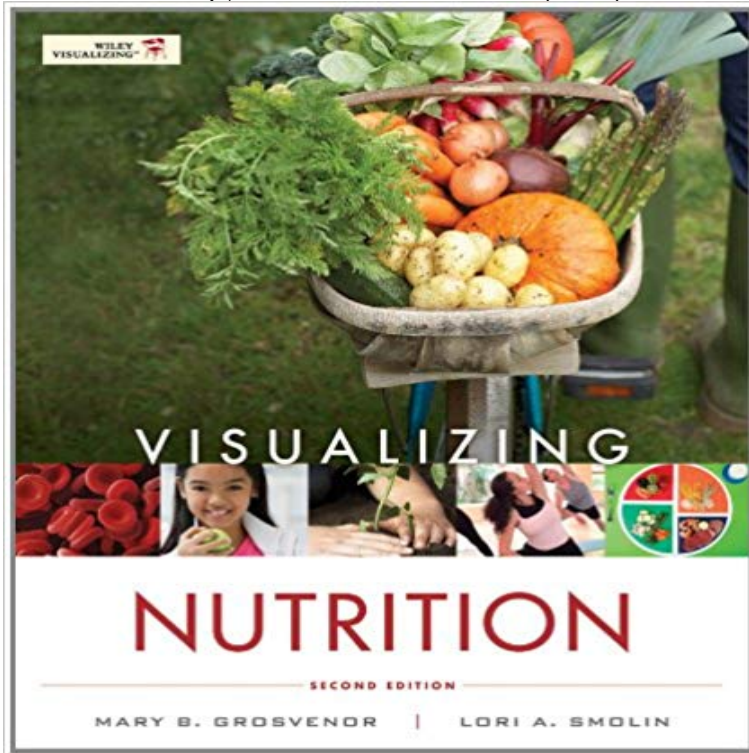


Visualizing Nutrition: Everyday Choices



Visualizing Nutrition, 2nd Edition is intended for a one-term course in introductory Nutrition taught at both two- and four-year schools. This text offers students a valuable opportunity to identify and connect the central issues of nutritional science in a visual approach. The material provides students with the decision-making skills needed throughout their lifespan to navigate the myriad of choices they will face in promoting their good health and in preventing disease. As students apply the thought processes and decision-making skills learned throughout the course, they come to understand that there are not good foods and bad foods, but rather that each choice is only part of an overall healthy diet and that it is the sum of those choices that determines good nutrition. The new edition has been completely updated to include updated coverage and information on the latest Dietary Guidelines for Americans 2010 and all of the MyPlate information. (www.choosemyplate.gov)

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