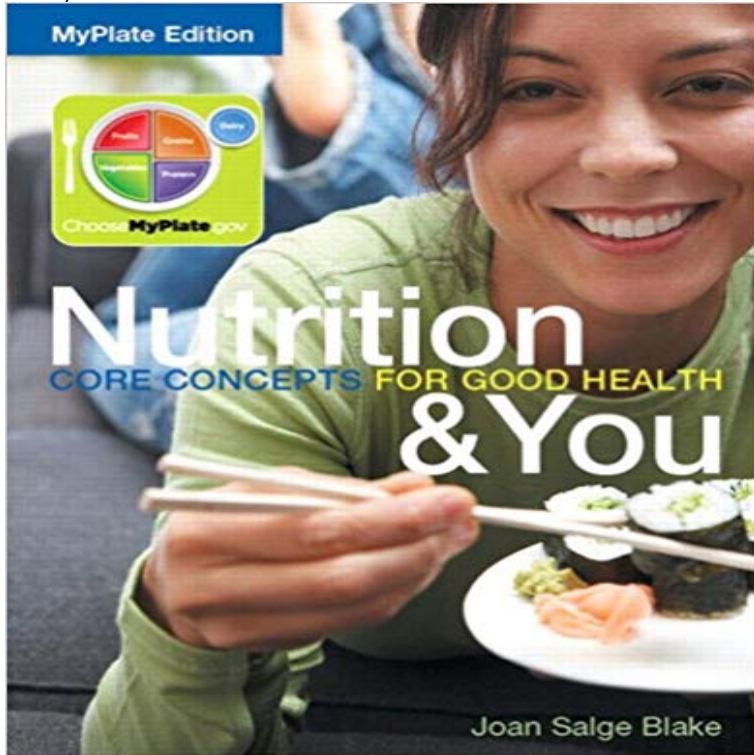


Nutrition & You Core Concepts for Good Health, MyPlate Edition with MyNutritionLab



&> Nutrition and You: Core Concepts For Good Health personalizes nutrition for students helping them make healthy nutrition choices and encouraging them to become informed consumers of nutrition information. This readable, engaging, and motivating presentation introduces each vitamin and mineral in self-contained spreads called Visual Summary Tables that appeal to today's visual learners. Students learn to identify the key aspects of each nutrient at a glance and in a consistent, easy-to-study format. Blake encourages students to relate the science of nutrition to their own dietary habits, enabling them to separate fact from fiction and to distinguish high-quality nutrient sources from those of lesser quality. Blake's approach teaches students 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 students and instructors have the latest nutrition information right within their book (and instructors don't have to change their syllabus). New information includes the new MyPlate graphic (which replaces the former MyPyramid), the 2010 Guidelines, and the new Dietary Reference Intakes. Included with Nutrition and You: Core Concepts For Good Health, MasteringHealth is an online homework, tutorial, and assessment product designed to improve results by helping students quickly master concepts. Students benefit from self-paced tutorials that feature immediate wrong-answer feedback and hints that emulate the office-hour experience to help keep students on track and prepared for lecture. Note: If you are purchasing the standalone text or electronic version, MasteringHealth does not come automatically packaged with the text. To purchase MasteringHealth please visit www.masteringhealthandnutrition.com or you can purchase a package of the physical text + MasteringHealth by searching for

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