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Visualizing Nutrition: Everyday Choices educates students about the functions and sources of individual nutrients and also focuses on the total diet, so students understand that no one food choice determines the healthfulness of their overall dietary pattern.

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The basis of this diet is
whole grains, low-fat dairy
choices, plenty of fresh
fruits and vegetables, and
healthy fat choices
(restricting saturated fat

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intake, emphasizing mono- and poly-unsaturated fat sources).77) Define nutrigenomics and its value in treating nutrition-related diseases.

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Visualizing Nutrition helps students understand the science behind nutrition, the sociocultural impact of food and diet, and the many ways dietary choices affect metabolism, health, and well-being. Providing an immersive and engaging visual approach to nutrition science, this accessible textbook teaches students how to think critically about what to eat – empowering them to be informed consumers when making nutrition decisions.

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Rooted in contemporary nutritional research, the text highlights the importance of diet in preventing disease and improving general health and wellness. The fifth edition has been fully revised throughout, containing the most current information available on the 2020-2025 Dietary Guidelines for Americans. Readable, easy-to-understand chapters explore digestion, carbohydrates, proteins and amino acids, vitamins and minerals, energy balance, weight management, physical activity, nutrition during pregnancy, and other important nutrition topics.

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The book features a comprehensive range of pedagogical tools and multimedia resources designed to increase comprehension, strengthen critical thinking skills, and demonstrate the relevance of nutrition in students' personal lives.

Visualizing Nutrition, Canadian Edition offers a balanced introduction to the science of nutrition. Along with practical applications to everyday eating and living, Visualizing Nutrition's unique and engaging visual format and effective learning pedagogy will help students

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