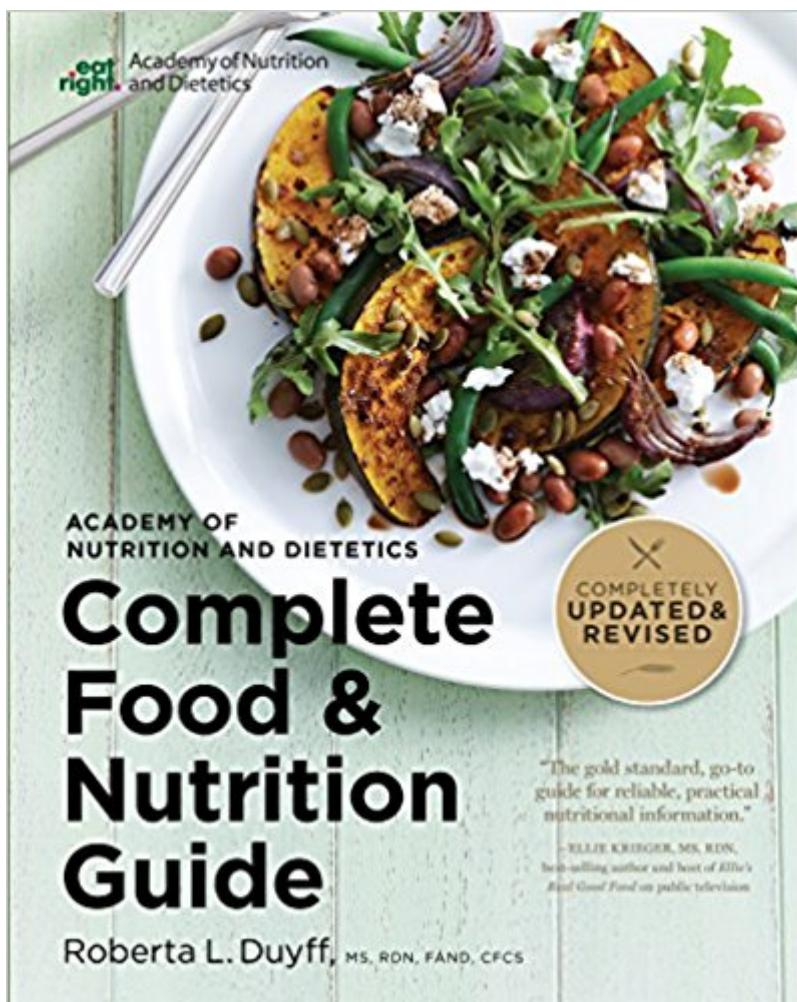


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# Academy Of Nutrition And Dietetics Complete Food And Nutrition Guide, 5th Ed



## Synopsis

The newest edition of the most trusted nutrition bible. Since its first, highly successful edition in 1996, The Academy of Nutrition and Dietetics Complete Food and Nutrition Guide has continually served as the gold-standard resource for advice on healthy eating and active living at every age and stage of life. At once accessible and authoritative, the guide effectively balances a practical focus with the latest scientific information, serving the needs of consumers and health professionals alike. Opting for flexibility over rigid dos and don'ts, it allows readers to personalize their own paths to healthier living through simple strategies. This newly updated Fifth Edition addresses the most current dietary guidelines, consumer concerns, public health needs, and marketplace and lifestyle trends in sections covering Choices for Wellness; Food from Farm to Fork; Know Your Nutrients; Food for Every Age and Stage of Life; and Smart Eating to Prevent and Manage Health Issues.

## Book Information

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## Customer Reviews

Great book

This edition of the Complete Food & Nutrition Guide is extremely well-researched and up to date. Appropriate as a resource for consumers as well as professionals, this book explains complex issues clearly and with insight. Whether you want to improve your own eating behaviors, learn more about the basis of gluten free or plant based diets or educate a client on healthy eating, this well written book is a wise and affordable investment.

Excellent, authoritative, all-encompassing book about all things food and nutrition. Great reference!

Best resource available, comprehensive, balanced and well cited.

Love this new edition! I am a college professor and highly recommend this as a supplemental text for my intro nutrition students.

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