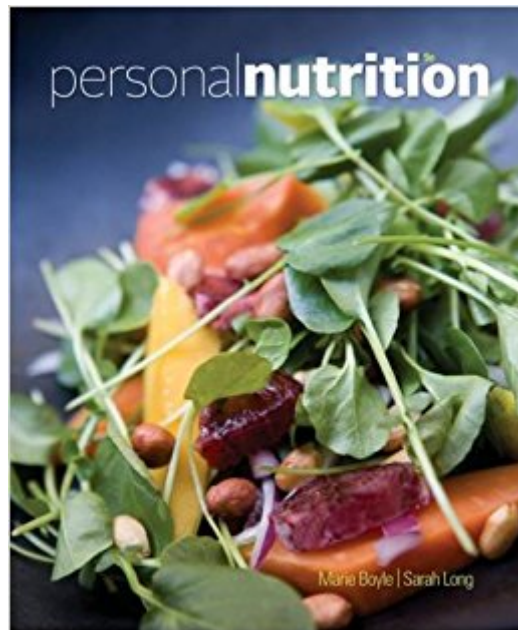




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Personal Nutrition



Synopsis

NOTE: This book DOES NOT COME with an Access Code Become a smarter consumers with PERSONAL NUTRITION, Ninth Edition. Engaging and accessible, Boyle provides a solid grounding in fundamental nutritional principles and how to apply them to make informed, healthy choices. The Ninth Edition is thoroughly updated to reflect the latest research, recommendations, and current trends and issues. It also features new and revised illustrations, photographs, examples, and learning objectives to make material even more timely, relevant, and compelling for today's learners. Overall, Boyle offers meaningful context, real-world examples, and practical advice to help students make smart decisions regarding their own nutrition and health.

Book Information

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Customer Reviews

a very fun and informative ready. Also a book that carries along well.i.e. does not get boring and repetitive and is not dry, very interesting to read and the side bar contains all the highlights of the chapter.i would recommend for anyone looking at buying an introduction to human nutrition

The book is informative, colorful, has excellent charts, and keeps readers engaged.

In perfect condition when I received it, thanks!

Book was in good shape.

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