



## **Nutrition for Life (3rd Edition)**

*Janice J. Thompson, Melinda Manore*

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# Nutrition for Life (3rd Edition)

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&>Nutrition for Life capitalizes on students' natural interest in nutrition by demonstrating how it relates directly to their health and daily lives. This book is unique among introductory texts in its presentation of nutrients based on function, rather than chemical classification. Within the vitamins and minerals chapters, micronutrients are organized by their various functions within the body (such as tissue guardians, antioxidants, energy generators, essential electrolytes, mineral power plants, blood fortifiers, bone builders), enabling students to think about them conceptually while also understanding their basic roles in the body. This discourages rote memorization and promotes fuller and more accessible understanding of each micronutrient's importance. For those instructors who still want their students to understand the traditional chemical organization, the micronutrient chapters include detailed tables and overviews of water-soluble and fat-soluble vitamins, and the trace and major minerals.

Beyond the functional approach, *Nutrition for Life* includes applied features such as Eating Right All Day, Foods You Don't Know You Love Yet, and new Cooking videos. The **Third Edition** also includes additional content with engaging new features, fewer Nutri-Cases, and the new MyPlate food patterns and recommendations. The art and photos have also been updated, along with a fresh interior design.

**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](http://www.masteringhealthandnutrition.com) or you can purchase a package of the physical text + MasteringHealth by searching for 0321982738/ 9780321982735. MasteringHealth is not a self-paced technology and should only be purchased when required by an instructor.

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