



Nutrition: A Functional Approach, Third Canadian Edition with MyNutritionLab (3rd Edition)

Janice Thompson, Melinda Manore, Judy Sheeshka

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Nutrition: A Functional Approach, Third Canadian Edition introduces non-majors to nutrition with an innovative, applied format that discourages rote memorization and promotes long-term understanding of the material. The authors build on students' natural interest in nutrition by demonstrating in a clear, conversational style how key nutritional information relates to their personal health, and show how to debunk commonly held misconceptions.

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