



Contemporary Nutrition

Gordon M. Wardlaw, Anne M Smith

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Contemporary Nutrition is designed for students with little or no background in college-level biology, chemistry or physiology. Updated to reflect the latest guidelines and research in this constantly evolving and dynamic field, *Contemporary Nutrition* will provide students who lack a strong science background the ideal balance of reliable nutrition information and practical consumer-oriented knowledge. With his friendly writing style, Gordon Wardlaw acts as the student's personal guide to dispelling common misconceptions and to gaining a solid foundation for making informed nutrition choices.

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