This book helps students to engage with and apply the concepts of nutrition in their studies, careers and own lives. The authors have written in the areas that they teach in, research in and are passionate about. Carefully crafted illustrations that are closely supported by textual explanations are key to creating a dynamic learning tool. With that in mind, the Wardlaw's Nutrition features a wealth of diagrams and photos to better convey complex scientific concepts and provide up-to-date, real-life examples.

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