

Nutrition Science And Applications Canadian Edition Ebook

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Nutrition: Science and Applications First Canadian Edition g uides students towards an understanding of the scientific principles underlying what they know about nutrition. The text's s trong coverage of the science of nutrition balanced with excellent applications and Canadian iProfile software will help students gain effective decision-making skills about nutritional choices.

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Smolin, Grosvenor, Gurfinkel: Nutrition: Science and ...

•• Nutrition is a science that encompasses all the interactions that occur between living organisms and food. Canadians today are eating more fast food, processed foods, and prepared foods and spending less time preparing meals and eating at home than 50 years ago. This is affecting the healthfulness of the diet.

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4 PART 1 NUTRITION BASICS AND APPLICATIONS Daily Reference Values (DRVs): a set of values that cov- ers nutrients, such as fat and fiber, that do not appear in the RDA tables. Expressed as % Daily Value (%DV). Diet: (a) the foods that a person eats most frequently; (b) food considered in terms of its qualities and effects

Nutrition Basics and Applications

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