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### Nutrition: Science and Applications, 2nd Canadian Edition ...

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### Nutrition: Science and Applications, Author: Lori A ...

That's why Lori Smolin and Mary Grosvenor's "Nutrition: Science and Applications, 4/E" helps you understand how to analyze nutritional information and apply your knowledge to the nutrition issues you face each and every day. Now updated to include the new Dietary Reference Intakes (DRIs) published in the fall of 2002, the Fourth Edition offers ...

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Nutrition: the sum of the processes by which food is se-lected and becomes part of the body. Nutritional status: state of the body resulting from the in-take and use of nutrients. Optimum nutrition: the state of receiving and utilizing essential nutrients to maintain health and well-being at the highest possible level. It provides a reserve for ...

### Nutrition Basics and Applications

Nutrition: Science and Applications helps students develop the scientific understanding to support their personal and professional decisions. Using a critical thinking approach, this program brings nutrition out of the classroom and allows students to apply the logic of science to their own nutrition concerns—both as consumers and as future scientists and health professionals.

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