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Anne M. Smith

CONTEMPORARY *Nutrition*

Ninth Edition



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Contemporary Nutrition Gordon M. Wardlaw, 2000 CD ROM NutriQuest 2.0 Dietary Analysis Software

Re-imagining Milk Andrea Wiley, 2015-11-19 Milk is a fascinating food it is produced by mothers of each mammalian species for consumption by nursing infants of that species yet many humans drink the milk of another species mostly cows and they drink it throughout life Thus we might expect that this dietary practice has some effects on human biology that are different from other foods In *Re-imagining Milk* Wiley considers these but also puts milk drinking into a broader historical and cross cultural context In particular she asks how dietary policies promoting milk came into being in the U S how they intersect with biological variation in milk digestion how milk consumption is related to child growth and how milk is currently undergoing globalizing processes that contribute to its status as a normative food for children using India and China as examples Wiley challenges the reader to re-evaluate their assumptions about cows milk as a food for humans Informed by both biological and social theory and data *Re-imagining Milk* provides a biocultural analysis of this complex food and illustrates how a focus on a single commodity can illuminate aspects of human biology and culture

Contemporary Nutrition, A Functional Approach Gordon Wardlaw, Anne Smith, 2012-01-18 Completely revised and up to date with MyPlate Healthy People 2020 and Dietary Guidelines for Americans 2010 *Contemporary Nutrition A Functional Approach* is an alternate version of Wardlaw Smith's *Contemporary Nutrition 9e* While *Contemporary Nutrition A Functional Approach* shares the recognized strengths of the ninth edition it offers a unique approach to the coverage of vitamins and minerals It departs from a traditional presentation by instead organizing vitamins and minerals within the context of physiological functions and the health conditions they influence The text will provide students who lack a strong science background the ideal balance of reliable nutrition information and practical consumer oriented knowledge With their friendly writing style the authors act as the student's personal guide to dispelling common misconceptions and to gaining a solid foundation for making informed nutrition choices Users who purchase Connect Plus receive access to the full online ebook version of the textbook

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