



Nutrition & You (3rd Edition)

By Joan Salge Blake



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The **Third Edition** of *Nutrition & You* provides students with a personalized approach to understanding nutrition and teaches them to become informed consumers of nutrition information through interactive lessons, practical applications, and visual study tools.

Joan Salge Blake writes in a very engaging style, addressing the student directly, using colorful language and visual analogies in order to explain concepts, and captivating students with humor. Blake encourages students to relate the science of nutrition to their own dietary habits, enabling them to separate fact from fiction and to distinguish high-quality nutrient sources from those of lesser quality. Blake's approach teaches students to think critically about information sources and the claims made in the popular press and online.

The **Third Edition** features MasteringNutrition™, an online homework, assessment, and tutorial system that allows instructors to personalize the nutrition

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