



Nutrition: Concepts and Controversies, Update (with 2010 Dietary Guidelines)

Frances Sizer, Ellie Whitney

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Pre-packaged with a laminated supplement including updates for Dietary Guidelines for Americans, 2010, and Healthy People 2020, NUTRITION: CONCEPTS AND CONTROVERSIES UPDATE provides practical applications and accessible explanations to dispel common misconceptions about nutrition and empower readers to make lasting behavior changes.

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