

Essentials Of Human Nutrition

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Essentials Of Human Nutrition

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Essentials of Human Nutrition : Jim Mann : 9780199566341

I can evaluate nutrition information using established recommendations based on scientific evidence and Latter-day revelation. I can explain the basic roles of nutrients in the body. I can assess the nutritional adequacy of dietary intake. I can apply nutrition knowledge to promote healthy eating patterns.

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Essentials of Human Nutrition | Jim Mann, Stewart Truswell ...

Nutrition is pivotal to every aspect of human health. In psychical and mental development and from conception to death, good nutrition ensures optimum human performance in all areas of life. The consequences of poor nutrition are clearly seen in developed and developing countries alike, in the types of illness that prevail and the most common causes of premature death.

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