



Nutrition Basics for Better Health and Performance

By APPLEGATE ELIZABETH A

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Nutrition Basics is a reader for non-major nutrition courses taught at the introductory level. A minimum of scientific terminology is used so the book fits all levels of students. A wide array of nutrition topics are covered from basics about fats, proteins, carbohydrates, and energy metabolism, to popular topics regarding weight loss and supplements. Practical information included also makes this book enjoyable for students and everyone who is interested in improving their health. Dr. Liz Applegate, a nationally renowned expert on nutrition and fitness, is a faculty member of the Nutrition Department at the University of California, Davis and author of several books including, Encyclopedia of Sports and Fitness Nutrition (Three Rivers Press, 2002). Her enthusiasm and informal style make her undergraduate nutrition classes the nation's largest with enrollments exceeding 2,000 annually. In 1996 she received the Excellence in Teaching Award from the University of California.

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