

Discovering **Nutrition**

Fourth Edition

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**Paul M. Insel, Don Ross, Kimberley
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Discovering Nutrition Paul M. Insel, Don Ross, Kimberley McMahon, Melissa Bernstein, 2015-03-15 Issued with access to Navigate 2 online learning materials **Discovering Nutrition** Dr. Paul Insel, Kimberley McMahon, Melissa Bernstein, 2025-05-13 Incorporating the latest research and dietary guidelines Discovering Nutrition Seventh Edition introduces students to the fundamentals of nutrition with an engaging and personalized approach Written with a diverse student population of nutrition majors and non majors in mind this text focuses on teaching behavior change and personal decision making with an emphasis on how our nutritional behaviors influence lifelong personal health and wellness while also presenting up to date scientific concepts in several innovative ways Thoroughly updated the new seventh edition covers current nutrition topics of interest such as personalized nutrition nutrigenomics the obesogenic environment gut health microbiome plant based diet functional foods bioavailability nutrition density and gut microbiome Feature boxes such as the new Lifestyle Medicine Why Is This Important Quick Bites and more ensure students learn practical nutrition information

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