



# Contemporary Nutrition Updated with MyPlate, 2010 Dietary Guidelines, HP2020 and Connect Access Card

*Gordon Wardlaw, Anne Smith*

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*Contemporary Nutrition* is a complete and balanced resource for nutrition information written at a level non-science majors can understand. Completely revised and up-to-date with MyPlate, Healthy People 2020 and Dietary Guidelines for Americans, 2010, it provides the ideal balance of reliable nutrition information and practical consumer-oriented knowledge. With a friendly writing style, the authors act as the student's personal guide to dispelling common misconceptions and to gaining a solid foundation for making informed nutrition choices.

*Contemporary Nutrition* emphasizes that a population consists of individuals with varying genetic and cultural backgrounds, and these individuals will have varying responses to diet. The knowledge gained from this text will allow students to personalize nutrition information and empower them to make better choices in their daily lives.

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