



## **Nutrition for Life (2nd Edition)**

*Janice J. Thompson, Melinda Manore*

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# Nutrition for Life (2nd Edition)

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*Nutrition for Life* capitalizes on readers' natural interest in nutrition by demonstrating how nutrition relates to their health. A unique aspect of the book is its presentation of nutrients based on function, rather than chemical classification. The book offers a chapter on vitamins and one on minerals, but within these chapters micronutrients are organized based on their functions within the body (tissue guardians, antioxidants, energy generators, essential electrolytes, mineral power plants, blood fortifiers, bone builders), enabling readers to think about micronutrients on a conceptual level. This discourages rote memorization and promotes true understanding of each micronutrient's importance. For instructors who still want their readers to understand the traditional chemical organization, each chapter lists a table and brief discussion of the vitamins or minerals grouped into the water-soluble and fat-soluble categories.

Beyond the functional approach of the book, *Nutrition for Life* includes applied features such as **Game Plans and What About You** self-assessments. The Second Edition features additional practical text and box features, a new nutri-case character, and margin journaling features. New, more colorful art makes the book more vibrant.

Nutrition: Making It Work for You, The Human Body: Are We Really What We Eat?, Carbohydrates: Plant-Derived Energy Nutrients, Fat: An Essential Energy-Supplying Nutrient, Proteins: Crucial Components of All Body Tissues, Vitamins: Micronutrients with Macro Powers, Minerals: Building and Moving Our Bodies, Fluid Balance, Water, and Alcohol, Achieving and Maintaining a Healthful Body Weight, Nutrition and Physical Activity: Keys to Good Health, Nutrition Throughout the Life Cycle, Nutrition Issues: The Safety and Security of the World's Food Supply. **MARKET:** Intended for those who are interested in learning the basics of nutrition.

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