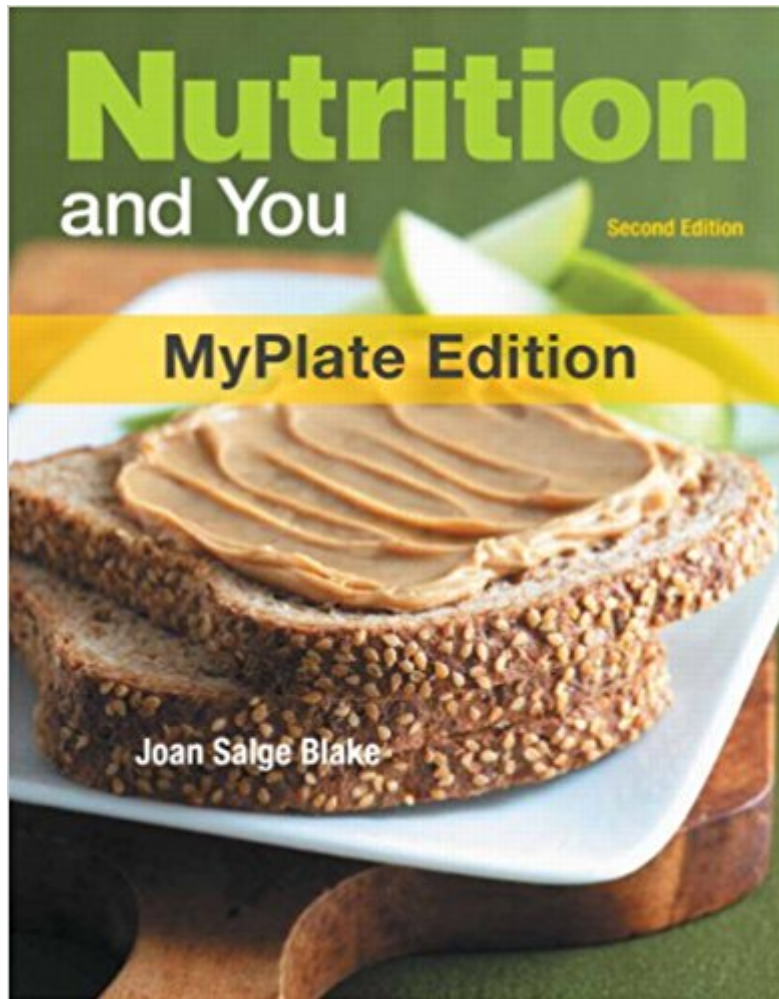


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# Nutrition And You, MyPlate Edition (2nd Edition)



## Synopsis

With a new Consumerism chapter, enhanced art and photos, and timely updates, this Second Edition of *Nutrition and You* personalizes nutrition—helping you make healthy nutrition choices and encouraging you to become an informed consumer of nutrition information. Throughout, each vitamin and mineral are introduced in self-contained spreads, called Visual Summary Tables, that help you learn to identify the key aspects of each nutrient at a glance. You’re encouraged to relate the science of nutrition to your own dietary habits, helping you to separate fact from fiction and to distinguish high-quality nutrient sources from those of lesser quality. After reading this book, you’ll know to think critically about information sources and the claims made in the popular press and online. The MyPlate Edition features a write-to-fit update so that you have the latest nutrition information right within your book. New information includes the new MyPlate graphic (which replaces the former MyPyramid), the 2010 Guidelines, and the new Dietary Reference Intakes.

## Book Information

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## Customer Reviews

I typically try to be cordial on reviews. When I see phrases in all caps, I imagine some delirious person who more than likely did not read the instructions. Well, I must admit, I read the directions and took a calculated risk. It did not work in my favor, however. I have purchased books on for 5 semesters now. I have yet to have any issue with it, until this book. I will say that once again, gets 5 stars for their customer service and attempting to help me, but this product is not worth the

purchase. The single most important thing in text books today: the online access code. Without this, many text books are no better than weights in your already strained backpack. I purchased this because so many people said it worked for them while only a couple it did not. I, again, took a chance hoping this would work out for me. However, the code did not work. I sent me another book/code, but honestly, I simply sent it back because it was in the same exact packaging. The ISBN on the shrink wrap of the book is different than the ISBN of the book itself. Utilizing the campus bookstore online, I double checked that, in fact, I ordered the correct ISBN, but for whatever reason, (neither Pearson or I could explain) the access code did not work. I presume it has something to do with the ISBN's being different. Why it would work for some and not others is a mystery. I ended up spending another \$42 for the online access and \$16 for the MyDietAnalysis access. If I say anything in caps, it is this: RENT OR BUY THIS BOOK USED. Then pay for whatever online access your professor requires. I fortunately had money in the bank to just say screw it and make the purchase, but if you're a starving college student, do not buy it new.

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