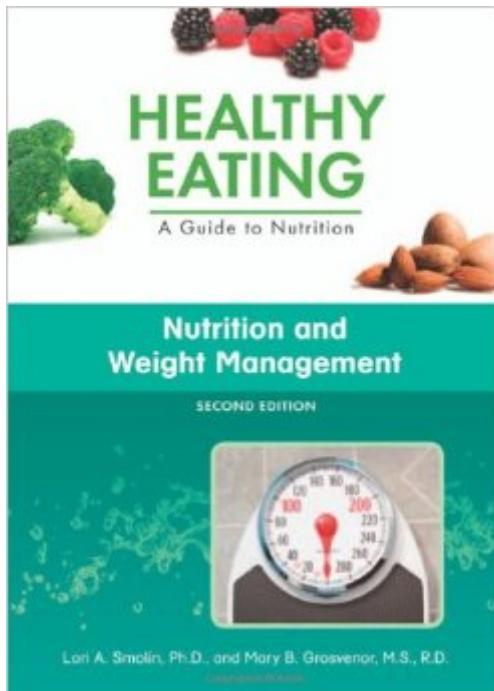


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Nutrition And Weight Management (Healthy Eating: A Guide To Nutrition)



Synopsis

The obesity epidemic in the United States and abroad is growing, and weight has become a rising concern in today's society. Nutrition and Weight Management, Second Edition discusses the concept of weight management as well as the role that social, cultural, and genetic factors play in determining weight and body size. Coverage includes the importance of a nutritious diet and what constitutes healthy eating, the physical and psychological effects of being overweight and underweight, and the pros and cons of various diets.

Book Information

Series: Healthy Eating: A Guide to Nutrition

Library Binding: 184 pages

Publisher: Chelsea House Publications; 2nd ed. edition (August 1, 2010)

Language: English

ISBN-10: 1604138033

ISBN-13: 978-1604138030

Product Dimensions: 6.7 x 0.6 x 9.3 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

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