



The Science of Nutrition

Janice Thompson , Melinda Manore , Linda Vaughan

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Fanta J says

this book was bore to read, but the author did a decent job. the information is easy to understand and the class is a Easy A, not to mention the education is useful in your daily life. The Science of Nutrition

Andrea says

This is an awesome book. Hands down this is my favorite textbook. It's easy to read. If you have an interest in nutrition, this is a must have. I'm honestly recommending it to nearly everyone(which I don't do lightly with nutrition). The first chapter is a basic overview of nutrition. The rest is in depth nutrition.

Jann says

It was great as a textbook, very in-depth and easy to use. It's one I'm keeping for future reference needs.

Lani says

For a school textbook it was really interesting and laid out in an easy to read and understand manner.
