



Nutrition and You, MyPlate Edition, Books a la Carte Plus MyDietAnalysis (2nd Edition)

Joan Salge Blake

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Books a la Carte are unbound, three-hole-punch versions of the textbook. This lower cost option is easy to transport and comes with same access code or media that would be packaged with the bound book.

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.

This package consists of:

- Books a la Carte for Nutrition and You, MyPlate Edition, Second Edition
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