

## Understanding Nutrition Australian 1st Edition

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She is a founding member of Nutrition and Health Associates, an information resource center that maintains a research database on more than 1,000 nutrition-related topics. She has taught at Florida State University and coauthored several college nutrition textbooks, including UNDERSTANDING NUTRITION, and UNDERSTANDING NORMAL AND CLINICAL NUTRITION.

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Understanding Nutrition (Hardcover) Published May 2nd 2007 by Wadsworth Publishing Company. Hardcover, 720 pages. Author (s): Ellie Whitney, Sharon Rady Rolfes. ISBN: 0495116866 (ISBN13: 9780495116868) Edition language:

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Building upon Ellie Whitney and Sharon Rady Rolfes' classic text, this first Australian and New Zealand edition of Understanding Nutrition is a practical and engaging introduction to the core principles of nutrition.

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TOP: NUTRITION AND HEALTH BENEFITS DIF: Knowledge Level 3. 3. The human body composition for an average healthy adult is: a. 25 per cent water, 20 per cent fat, 55 per cent protein, carbohydrate, minerals and other compounds b. 45 per cent water, 25 per cent fat, 30 per cent protein, carbohydrate, minerals and other compounds

*Chapter 1: An overview of nutrition*

Understanding nutrition: Australian and New Zealand . 2nd edition. 2013. Add to My Bookmarks Export citation. Type Book Author(s) Tim Crowe, David Cameron-Smith, Adam Walsh, Eleanor Noss Whitney, Sharon Rady Rolfes Date 2013 Publisher Cengage Learning Pub place South Melbourne, Vic ...

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