

Nutrition & Health



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Higher Education
Catalog 2024–25



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Build Confidence, Elevate Performance

The online learning platform that powers students from memorization to mastery. Giving instructors complete control of their courses – to provide engaging content, challenge every individual and build student confidence.

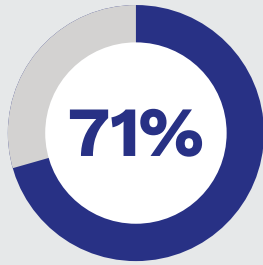


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MindTap can
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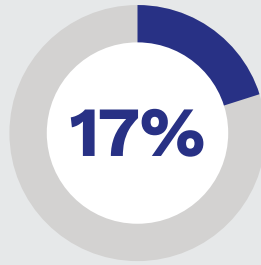


[https://info.cengage.com/
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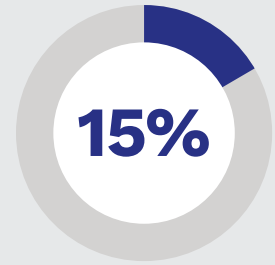
Student Reviews



Were more motivated to learn with MindTap



Increase in homework scores with MindTap



Increase in GPA with MindTap

Better Comprehension, Higher Grades

Students achieve good grades when they comprehend key concepts through a learning experience that combines visual, verbal auditory, written and active instruction to foster meaningful learning.

Build Confidence & Aim Higher

Personalized course content into learning paths can help students build connected learning experiences that are engaging.

Engaged Learners Succeed

Students who use online learning platforms regularly are more inclined to attend classes and complete their assignments on the go through their devices.

LMS Integration

Enhanced features help manage every aspect of your class in one place, from practice and graded assignments to quizzes and tests.

Contents

General Health

General Health	1
Health Education	1
Personal Health & Wellness.....	4
Physical Education.....	9
Physical Education Activity Books	10
Physical Fitness & Wellness	10

General Nutrition

Advanced Nutrition	13
Community Nutrition.....	13
Cultural Foods.....	14
Food Preparation/Introduction to Foods.....	14
Food Science and Technology.....	16
Introductory Nutrition.....	17
Life Span Nutrition.....	23
Normal & Clinical Nutrition/Medical Nutrition Therapy	25
Nutrition Counseling.....	28
Nutrition/Exercise & Weight Management	29
Sports Nutrition	29

Health

Personal Health & Wellness.....	30
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Special price requests for class adoption are subject to approval. Please contact your Cengage Learning Consultant for details.

Information contained in this catalog is correct at the time of printing.

Prices are subject to change without prior notice.

GENERAL HEALTH

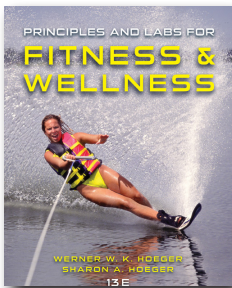
GENERAL HEALTH

PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 13E

Werner W.K. Hoeger, Boise State University; Sharon A. Hoeger, Fitness and Wellness, Inc.

© 2016, 624pp, Paperback, 9781305251076

MindTap eBook



Team Hoeger's PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 13th Edition challenges students to meet personal fitness and wellness goals using current industry knowledge, behavior modification techniques, and interactive

features.

HEALTH EDUCATION

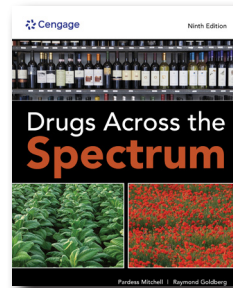
NEW EDITION

DRUGS ACROSS THE SPECTRUM, 9E

Raymond Goldberg, Harper College

© 2024, 384pp, Paperback, 9780357852651

eBook



DRUGS ACROSS THE SPECTRUM invites you to examine the motivation for drug use, the social implications of drug use, legal ramifications, and factors affecting how drugs interact with the human body. The ninth edition

looks at the history and culture surrounding drug use and abuse, provides key information regarding specific types of drugs and reviews drug treatment, education and prevention approaches and programs. Using active learning features like "Fact or Fiction" and "Thinking Critically" questions, authors Goldberg and Mitchell help you understand the issues of drugs in society today.

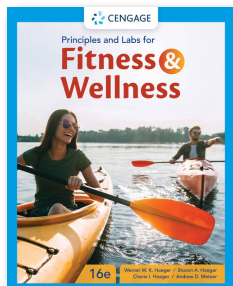
NEW EDITION

PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 16E

Werner W.K. Hoeger, Boise State University; Sharon A. Hoeger, Fitness and Wellness, Inc.; Hoeger, .; Andrew Meteer

© 2023, 624pp, Paperback, 9780357727508

MindTap



Accept the wellness challenge with PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 16th Edition! Designed to help you achieve an active lifestyle, this book challenges you to be your best self and inspire others while you're at it. By

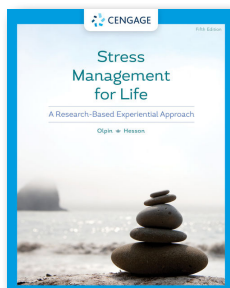
adopting key behavior modification techniques and making small changes in your life (and the lives of your future clients should you choose a fitness career), obstacles disappear--along with bad habits. This book also gives you the tools to create the right exercise program for your values, make solid nutrition choices, implement chronic-disease prevention guidelines, and overcome any barriers to personal change you may face. To support you along the way, PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 16th Edition, offers interactive tools such as exercise videos, online labs and self-assessments for maintaining your healthy lifestyle.

STRESS MANAGEMENT FOR LIFE, 5E
A Research-Based Experiential Approach

Michael Olpin, Weber State University; Margie Hesson, South Dakota State University

© 2021, 432pp, Paperback, 9780357363966

MindTap eBook



Finally, a textbook that you don't mind reading. In fact, you'll probably share it with your stressed-out family and friends. And when the class has finished, you probably won't sell it back. STRESS MANAGEMENT FOR LIFE: A RESEARCH-BASED EXPERIENTIAL

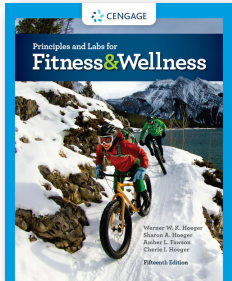
APPROACH, 5th Edition, and the accompanying stress-reducing audio files, contain all the leading-edge tools, principles, and experiences you need to help you profoundly reduce and even prevent stress. More than just a book about how to manage stress, this book offers you a life-changing experience. If you're tired of headaches, difficulties sleeping, feeling burned out or depressed, or experiencing a host of other chronic stress symptoms; if you'd like to master mindfulness, meditation, yoga, positive self-talk, find meaning, manage your time, and dozens of other stress-managing tools, this is the only stress management book you'll ever need.

PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 15E

Werner W.K. Hoeger, *Boise State University*; Sharon A. Hoeger, *Fitness and Wellness, Inc.*; Hoeger, .; Amber L. Fawson, *Fitness and Wellness, Inc., SaltCo*

© 2020, 656pp, Paperback, 9780357020258

MindTap eBook



Accept the wellness challenge with PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 15th Edition! Designed to get you off the couch and into an active lifestyle, this book challenges you to be your best self and inspire others while you're at it. By

adopting key behavior modification techniques and making small changes in your life, obstacles disappear--along with bad habits. This book also gives you the tools to create the right exercise program for your values, make solid nutrition choices, lead an active lifestyle and overcome any barriers to personal change you may face. To support you all the way, PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 15th Edition, offers interactive tools such as exercise videos, online labs and self-assessments for maintaining your healthy lifestyle.

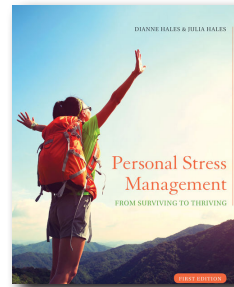
PERSONAL STRESS MANAGEMENT

Surviving to Thriving

Dianne Hales, .; Julia Hales

© 2018, 322pp, Paperback, 9781133364313

MindTap eBook



Don't be a Stress Head! Manage the pressures of college life with PERSONAL STRESS MANAGEMENT: FROM SURVIVING TO THRIVING. This book equips you with the insights and skills you need to conquer the demands ahead, and give you relief

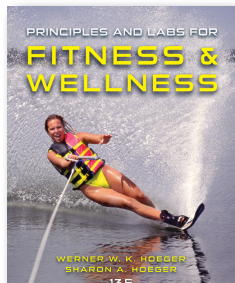
when stress levels rise. Written by health and psychology experts, this book delivers specific strategies for tackling common campus stressors, including academics, time management, and relationship issues. You'll learn helpful, easy strategies for changing your perspective and responding to stress with confidence and resilience, empowering you to manage even the most difficult situations and come out on top--in the classroom, in the workplace, and in life. PERSONAL STRESS MANAGEMENT: FROM SURVIVING TO THRIVING engages you with practical tools you can use immediately, incorporating the latest insights from neuroscience, exercise physiology, nutrition, and medicine, while highlighting healthy habits like regular exercise and good nutrition to prevent burnout.

PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 13E

Werner W.K. Hoeger, Boise State University; Sharon A. Hoeger, Fitness and Wellness, Inc.

© 2016, 624pp, Paperback, 9781305251076

MindTap eBook



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features.

PERSONAL HEALTH & WELLNESS

NEW EDITION

AN INVITATION TO HEALTH

Tunks

© 2025, 640pp, Paperback, 9780357973707

MindTap



Tunks' AN INVITATION TO HEALTH, 21st EDITION, helps students achieve a healthier lifestyle -- from physical and emotional to social and sexual -- now and in the future. In addition to integrated, up-to-date coverage of the COVID-19 pandemic, this edition

covers updated information on such topics as happiness and health, holistic approaches to mental health and anxiety, navigating social media, current dietary guidelines, immunization, safer sex practices, recognizing unhealthy trends in diet and fitness and the dangers associated with vaping. It contains new features on becoming a savvy consumer, cultivating an algorithm that is focused on proven health practices. This text includes active learning strategies such as healthy living on a budget, taking preventive measures and introducing practical strategies that turn small changes into big benefits.

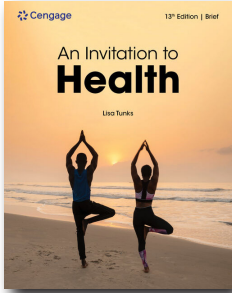
NEW EDITION

AN INVITATION TO HEALTH, BRIEF EDITION

Tunks

© 2025, 576pp, Paperback, 9780357973585

MindTap



Tunks' AN INVITATION TO HEALTH, BRIEF EDITION, 13th Edition, helps students achieve a healthier lifestyle, from physical and emotional to social and sexual health, now and in the future. In addition to integrated, up-to-date coverage of the COVID-19 pandemic, the

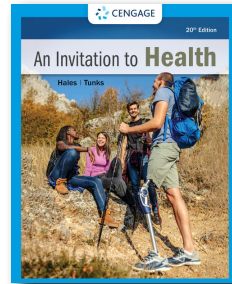
13th edition covers updated information on such topics as happiness and health, holistic approaches to mental health and anxiety, navigating social media, current dietary guidelines, immunization, safer sex practices, recognizing unhealthy trends in diet and fitness and the dangers associated with vaping. It contains new features on becoming a savvy consumer cultivating an algorithm that is focused on proved health practices. This text includes active learning strategies such as healthy living on a budget, taking preventive measures and introducing practical strategies that turn small changes into big benefits.

AN INVITATION TO HEALTH, 20E

Dianne Hales, .

© 2023, 624pp, Paperback, 9780357728345

MindTap



Achieve a healthier lifestyle -- physically, emotionally, socially, and sexually -- with AN INVITATION TO HEALTH, 20th Edition. In addition to integrated, up-to-date coverage of the Covid 19 pandemic, you'll find new research on such topics as happiness and

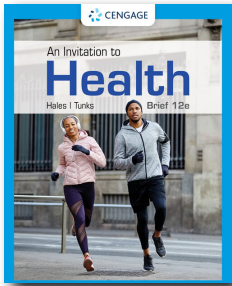
health, current statistics on life expectancy and death rates, mental health and anxiety, navigating social media, Dietary Guidelines, immunization, stress levels, safer sex practices, substance abuse, dubious diets and trendy foods, fitness monitors, vaping and cannabinoids. The book's active learning strategies offer a special focus on healthy living on a budget, taking preventive measures for healthier outcomes and implementing practical strategies that turn small changes into big benefits.

AN INVITATION TO HEALTH, BRIEF EDITION, 12E

Dianne Hales, ; Lisa Tunks, Coastal Carolina University

© 2023, 576pp, Paperback, 9780357727904

MindTap



Start making healthier choices now for a lifestyle of healthy living with Tunks' AN INVITATION TO HEALTH, BRIEF EDITION, 12th Edition. This empowering text helps you assess your health behaviors, encourages positive behavior change,

and gives you effective ways to achieve your health and wellness goals. Covering body, mind, and spirit, this edition provides ideas and tools that you can immediately apply to your own life. "Health on a Budget" features demonstrate practical ways you can achieve your health goals in low- and no-cost ways, while "Consumer Alert" features help you evaluate health care. AN INVITATION TO HEALTH is filled with active learning strategies, includes preventive measures for healthier outcomes and offers practical strategies that turn small changes into healthy outcomes.

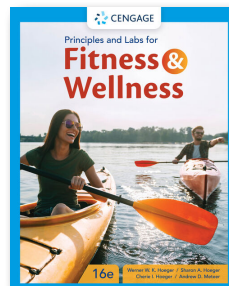
NEW EDITION

PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 16E

Werner W.K. Hoeger, Boise State University; Sharon A. Hoeger, Fitness and Wellness, Inc.; Hoeger, ; Andrew Meteer

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MindTap



Accept the wellness challenge with PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 16th Edition! Designed to help you achieve an active lifestyle, this book challenges you to be your best self and inspire others while you're at it. By

adopting key behavior modification techniques and making small changes in your life (and the lives of your future clients should you choose a fitness career), obstacles disappear--along with bad habits. This book also gives you the tools to create the right exercise program for your values, make solid nutrition choices, implement chronic-disease prevention guidelines, and overcome any barriers to personal change you may face. To support you along the way, PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 16th Edition, offers interactive tools such as exercise videos, online labs and self-assessments for maintaining your healthy lifestyle.

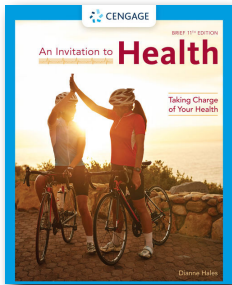
AN INVITATION TO HEALTH, 11E

Taking Charge of Your Health, Brief Edition

Dianne Hales, .

© 2021, 544pp, Paperback, 9781337919401

MindTap eBook



Start making healthier choices now for a lifestyle of healthy living. AN INVITATION TO HEALTH: TAKING CHARGE OF YOUR HEALTH, BRIEF EDITION, 11th Edition, helps you assess your health behaviors, encourages positive

behavior change, and gives you effective ways to achieve it. Covering body, mind, and spirit, the book addresses current issues related to health and wellness that can affect you now and throughout your life. The book empowers you with practical ideas and tools that you can immediately apply to your own life. “Health on a Budget” features demonstrate practical ways you can achieve your health goals in low- and no-cost ways, while “Consumer Alert” features help you evaluate health care. AN INVITATION TO HEALTH helps you build your foundation for a healthier future.

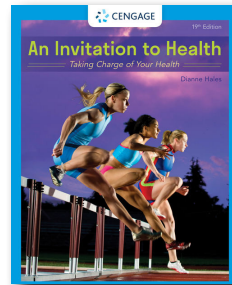
AN INVITATION TO HEALTH, 19E

Taking Charge of Your Health

Dianne Hales, .

© 2021, 624pp, Paperback, 9780357136799

MindTap eBook



From physical and mental to social and sexual, Dianne Hales’ AN INVITATION TO HEALTH: TAKING CHARGE OF YOUR HEALTH helps students achieve a healthier lifestyle now and in the future. The 19th Edition covers new research on such topics as

happiness and health, current statistics on life expectancy and death rates, mental health and anxiety, screen time and online presence, Dietary Guidelines, immunization, sleep habits, stress levels, safe sex practices, substance abuse including new information on the opioid epidemic, dubious diets and trendy foods, fitness monitors, vaping and cannabinoids. It also addresses healthy living on a budget, preventive measures and practical strategies that turn small changes into big benefits.

FITNESS AND WELLNESS, 14E

Werner W.K. Hoeger, Boise State University; Sharon A. Hoeger, Fitness and Wellness, Inc.; Hoeger, .; Amber L. Fawson, Fitness and Wellness, Inc., SaaltCo

© 2021, 320pp, Paperback, 9780357367810

MindTap eBook



Take control of your health—and life—with **FITNESS & WELLNESS**. Reflecting the latest research and practical guidelines on nutrition, fitness, and disease prevention, the 14th Edition equips you with the tools you need to make positive

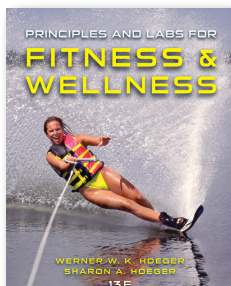
choices for your health. After assessing your current habits, you can immediately use the book's step-by-step instruction and hands-on activities to start making positive behavior changes in your own life. In addition, engaging photos, illustrations, and descriptive examples in each chapter help you visualize key concepts, while online resources, including behavior modification planning activities, practice tests, online labs, and a behavior change planner, extend your learning beyond the classroom. Empower yourself to make positive changes and improve your health and quality of life with **FITNESS & WELLNESS**.

PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 13E

Werner W.K. Hoeger, Boise State University; Sharon A. Hoeger, Fitness and Wellness, Inc.

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MindTap eBook



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PHYSICAL EDUCATION

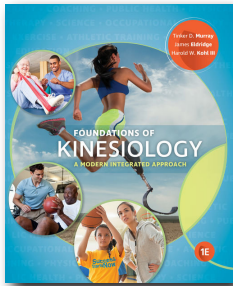
FOUNDATIONS OF KINESIOLOGY

A Modern Integrated Approach

Tinker D. Murray, PhD, Texas State University; James Eldridge; Harold W. Kohl, III

© 2019, 512pp, Paperback, 9781337392709

MindTap eBook



Explore your career options and sharpen your professional skills with Murray/Eldridge/Kohl's **FOUNDATIONS OF KINESIOLOGY: A MODERN INTEGRATED APPROACH**. Combining digital and traditional delivery methods so you

can learn the way that works best for you, the text focuses on physical activity as the center of the Kinesiology universe. It emphasizes the evolving and ever-changing career opportunities available working with individuals and populations across the lifespan--children, adolescents, adults and older adults--and in a variety of settings, including work, leisure, transportation, home, schools, sport, fitness facilities and rehabilitation centers. It equips you with a solid foundation in basic Kinesiology and helps you develop the skills you need for a career in personal training, occupational and physical therapy, athletic training, sports psychology or sports management.

EXERCISE PHYSIOLOGY

Peter B. Raven, PhD, University of North Texas Health Science Center; David H. Wasserman, PhD, Vanderbilt University School of Medicine; William G. Squires, PhD, Texas Lutheran University; Tinker D. Murray, PhD, Texas State University

© 2013, 592pp, Hardback, 9780495110248

CNOWv2 eBook



EXERCISE PHYSIOLOGY: AN INTEGRATED APPROACH presents the fundamental concepts of exercise physiology. You will learn the immediate and long-term effects of exercise on physiological systems in the context of the most recent research, including

molecular and genetics studies. The text focuses on issues like obesity, diabetes, and metabolic syndrome, and is designed to address the global pandemic of sedentary diseases in all age groups. The examples in the text are integrated throughout and link the principles of exercise physiology to strategies that you can use to apply the science in real-life client situations.

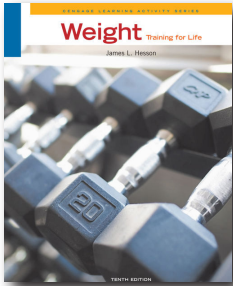
PHYSICAL EDUCATION ACTIVITY BOOKS

WEIGHT TRAINING FOR LIFE, 10E

James L. Hesson, *Black Hills State University*

© 2012, 208pp, Spiral, 9781111581893

eBook



Cengage Learning Activity Series Get the most out of your favorite physical activities. From aerobics and yoga — to bowling, tennis, weight training, and more — the Cengage Learning Activities Series goes beyond the basics, showing you how to

improve, excel, and get more enjoyment from your activities, whatever your skill level and background. Learn how to design and maintain a safe, personalized, effective, and enjoyable weight-training program with WEIGHT TRAINING FOR LIFE! Practical, visual, and clear, this best-selling book is ideal for anyone interested in learning about weight training. This book builds a solid foundation of current knowledge and practice in weight training for men and women of all ages and skill levels.

PHYSICAL FITNESS & WELLNESS

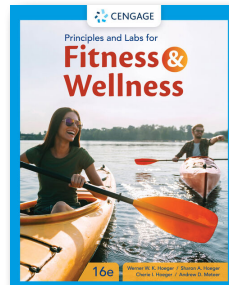
NEW EDITION

PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 16E

Werner W.K. Hoeger, *Boise State University*; Sharon A. Hoeger, *Fitness and Wellness, Inc.*; Hoeger, .; Andrew Meteer

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MindTap



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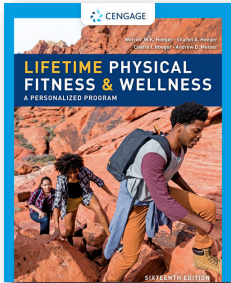
adopting key behavior modification techniques and making small changes in your life (and the lives of your future clients should you choose a fitness career), obstacles disappear--along with bad habits. This book also gives you the tools to create the right exercise program for your values, make solid nutrition choices, implement chronic-disease prevention guidelines, and overcome any barriers to personal change you may face. To support you along the way, PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 16th Edition, offers interactive tools such as exercise videos, online labs and self-assessments for maintaining your healthy lifestyle.

LIFETIME PHYSICAL FITNESS & WELLNESS, 16E

Werner W.K. Hoeger, Boise State University; Sharon A. Hoeger, Fitness and Wellness, Inc.; Amber L. Fawson, Fitness and Wellness, Inc., SaaltCo; Hoeger, .

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MindTap eBook



Take control of your personal well-being with LIFETIME PHYSICAL FITNESS & WELLNESS, 16th Edition. The book shows you how to assess your current behaviors, identify potential problem areas and apply practical steps to start positive

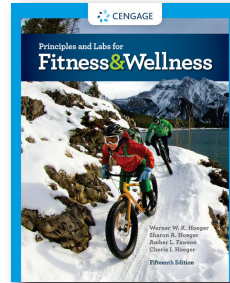
changes. Real life stories from other students bring chapter concepts to life. Additionally, hands-on activities help you assess your fitness and wellness level and put chapter concepts into personal practice. Online resources reinforce key concepts through behavior modification planning activities, practice tests, online activities and labs, and a behavior change planner. Empower yourself to make positive changes and improve your health with LIFETIME PHYSICAL FITNESS & WELLNESS.

PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 15E

Werner W.K. Hoeger, Boise State University; Sharon A. Hoeger, Fitness and Wellness, Inc.; Hoeger, .; Amber L. Fawson, Fitness and Wellness, Inc., SaaltCo

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MindTap eBook



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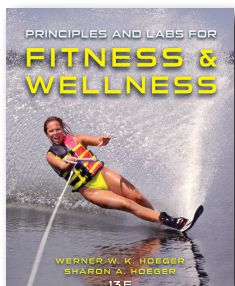
adopting key behavior modification techniques and making small changes in your life, obstacles disappear--along with bad habits. This book also gives you the tools to create the right exercise program for your values, make solid nutrition choices, lead an active lifestyle and overcome any barriers to personal change you may face. To support you all the way, PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 15th Edition, offers interactive tools such as exercise videos, online labs and self-assessments for maintaining your healthy lifestyle.

PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 13E

Werner W.K. Hoeger, Boise State University; Sharon A. Hoeger, Fitness and Wellness, Inc.

© 2016, 624pp, Paperback, 9781305251076

MindTap eBook



Team Hoeger's PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 13th Edition challenges students to meet personal fitness and wellness goals using current industry knowledge, behavior modification techniques, and interactive

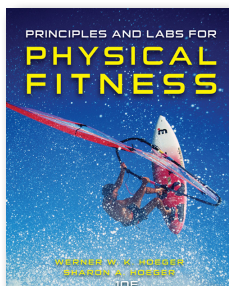
features.

PRINCIPLES AND LABS FOR PHYSICAL FITNESS, 10E

Werner W.K. Hoeger, Boise State University; Sharon A. Hoeger, Fitness and Wellness, Inc.

© 2016, 528pp, Paperback, 9781305251403

MindTap eBook



Discover the benefits of an active, healthy lifestyle with PRINCIPLES AND LABS FOR PHYSICAL FITNESS, 10th Edition! Emphasizing behavioral modification approaches, husband-and-wife fitness gurus Werner and Sharon Hoeger challenge you to improve

your life with cardiovascular exercise, strength training, better nutrition, weight management, and overall wellness. Thoughtfully written with a variety of learning features, PRINCIPLES AND LABS FOR PHYSICAL FITNESS, 10th Edition guides you toward adopting healthy behaviors with “My Profile” and “Behavior Modification Planning” boxes, test-test questions, exercise videos, online labs, and other helpful tools. Whether you choose a traditional text or interactive eBook, the road to achieving and maintaining personal health and wellness goals has never been so easy to follow.

GENERAL NUTRITION

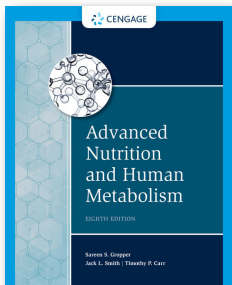
ADVANCED NUTRITION

ADVANCED NUTRITION AND HUMAN METABOLISM, 8E

Sareen S. Gropper, Florida Atlantic University; Jack L. Smith, University of Delaware; Timothy P. Carr, University of Nebraska-Lincoln

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MindTap eBook



Prepare for your career in Nutrition with **ADVANCED NUTRITION AND HUMAN METABOLISM**. You'll find even the most complex metabolic processes and concepts easy to understand as the authors equip you with a solid understanding of: digestion absorption, and metabolism of fat, protein, and carbohydrates; The structures and functions of water-soluble and fat-soluble vitamins; the functions of water and minerals in the body; and nutrient food sources, recommended intakes, deficiency and toxicity.

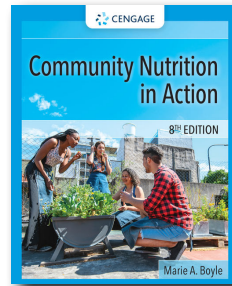
COMMUNITY NUTRITION

COMMUNITY NUTRITION IN ACTION, 8E

Marie A. Boyle, Saint Elizabeth University

© 2022, 816pp, Hardback, 9780357367957

MindTap eBook



Discover the diverse range of practice settings and opportunities available to you as a community and public health nutritionist with **COMMUNITY NUTRITION IN ACTION, 8th Edition!** The book provides easy-to-understand coverage of program planning, policymaking, and nutrition issues specific to community and public health. Using this innovative book, you'll develop the skills you need to achieve cultural competency, address health disparities, try new technologies, and use fresh approaches to improving the public's nutrition and health status. You'll also master the knowledge and skills you'll need in practice as you seek to solve population health problems, relating to media advocacy, telehealth, nutrition education, and more.

CULTURAL FOODS

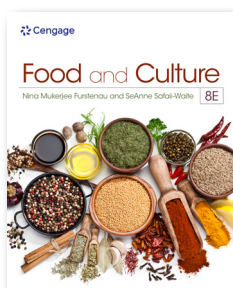
NEW EDITION

FOOD AND CULTURE, 8E

Marcia Nahikian Nelms, The Ohio State University; SeAnne Safai-Waite, University of Idaho, Associate Professor Emerita and University of Missouri, Adjunct Professor; Kathryn P. Sucher, San Jose State University, Professor Emerita; Marcia Nahikian Nelms, The Ohio State University

© 2024, 560pp, Paperback, 9780357729588

MindTap eBook



Providing current information on the health, culture, food and nutrition habits of the most common ethnic and racial groups living in the United States, **FOOD AND CULTURE** supports human diversity and inclusivity and provides you with an accessible lens

to see connection. This market-leading text for cultural foods courses is also designed to help health professionals, chefs, and others in the food service industry learn to work effectively with members of different ethnic and religious groups in a culturally sensitive manner. It also will help you develop a grounded perspective of the diversity in the United States and enhances effective communication across cultures in any field of work. The authors include comprehensive coverage of key ethnic, religious and regional groups, including Native Americans, Europeans, Africans, Black Americans, Mexicans and Central Americans, Caribbean Islanders, South Americans, Chinese, Japanese, Koreans, Southeast Asians, Pacific Islanders, people of the Balkans, Middle Easterners, Asian Indians, and regional Americans.

FOOD PREPARATION/INTRODUCTION TO FOODS

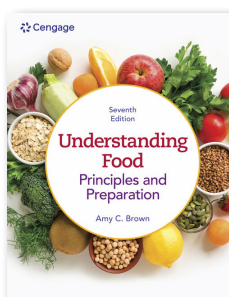
NEW EDITION

UNDERSTANDING FOOD: PRINCIPLES & PREPARATION, 7E

Brown

© 2025, 704pp, Paperback, 9780357974148

MindTap



Brown's **UNDERSTANDING FOOD: PRINCIPLES AND PREPARATION**, 7th Edition, has been a best-selling food fundamentals title for over 25 years. It takes the undergraduate student on a comprehensive journey through the science of food, covering the core

content of three important fields -- nutrition science, food science and food service -- helping students to choose a career in the industry. Contemporary and comprehensive, the seventh edition discusses classification, composition, selection, purchasing and storage for a range of foods, and explores various aspects of food service, including food preparation, meal planning, equipment, food preservation and government regulations. This edition is available with an updated MindTap course, Cengage's digital teaching and learning platform, that powers students from memorization to mastery.

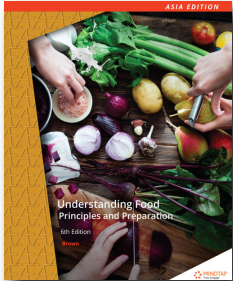
UNDERSTANDING FOOD: PRINCIPLES AND PREPARATION, 6E

Amy Christine Brown, University of Hawaii, Manoa

© 2019, 672pp, Paperback, 9789814834490

MindTap

AsiaTitle



UNDERSTANDING FOOD: PRINCIPLES AND PREPARATION

thoroughly explores the science of food through core material on food selection and evaluation, food safety and food chemistry. It is ideal for an undergraduate course that

covers the basic elements of food preparation, food service and food science. Contemporary and comprehensive, the sixth edition of this best-selling text discusses classification, composition, selection, purchasing and storage for a range of traditional food items, and it explores various aspects of food service, including food preparation, meal planning, equipment, food preservation and government regulations. Updated to reflect the 2015-2020 Dietary Guidelines, UNDERSTANDING FOOD: PRINCIPLES AND PREPARATION, 6th Edition, is now available with MindTap Nutrition, a digital teaching and learning platform that powers students from memorization to mastery.

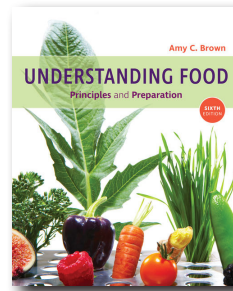
UNDERSTANDING FOOD, 6E

Principles and Preparation

Amy Christine Brown, University of Hawaii, Manoa

© 2019, 704pp, Hardback, 9781337557566

MindTap eBook



UNDERSTANDING FOOD: PRINCIPLES AND PREPARATION is your introductory guide to food, food preparation, food service and food science. Integrating these key topics with relevant information about nutrition and the food industry, this best-selling

text gives you a thorough overview of the different dimensions of food principles and insight into the variety of career options available in the food industry. Numerous photographs and illustrations help you understand and apply what you read, and the sixth edition is now available with MindTap Nutrition—a digital learning platform that lets you learn how, when and where you want—even on your mobile! With features like self-assessments, pop-up tutors, videos and an interactive ebook, MindTap Nutrition makes studying a breeze.

FOOD SCIENCE AND TECHNOLOGY

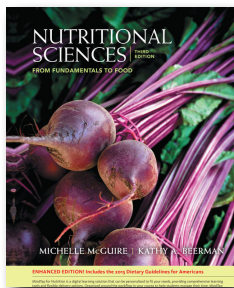
NUTRITIONAL SCIENCES:, 3E

From Fundamentals to Food, Enhanced Edition

Michelle 'Shelley' McGuire, University of Idaho; Kathy A. Beerman, Washington State University

© 2018, 736pp, Hardback, 9781337565332

MindTap eBook



Crystal Clear Science + Compelling Applications = A Balanced Program for Teaching and Learning Now updated with the 2015 Dietary Guidelines for Americans, NUTRITIONAL SCIENCES: FROM FUNDAMENTALS TO FOOD, 3rd Enhanced

Edition clearly explains the scientific principles underlying nutrition while incorporating applications to promote a complete understanding of core concepts. This integrated approach provides a strong science foundation in a context relevant to your daily life and career. Supported by an impressive visual design, engaging case studies and interactive digital resources, NUTRITIONAL SCIENCES offers a unique, balanced program for learning.

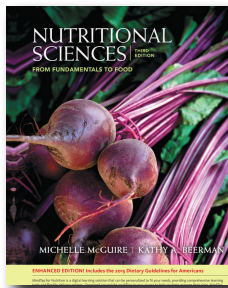
NUTRITIONAL SCIENCES:, 3E

From Fundamentals to Food, Enhanced Edition (with Table of Food Composition Booklet)

Michelle 'Shelley' McGuire, University of Idaho; Kathy A. Beerman, Washington State University

© 2018, 736pp, Hardback, 9781337628877

MindTap



Crystal Clear Science + Compelling Applications = A Balanced Program for Teaching and Learning Now updated with the 2015 Dietary Guidelines for Americans, NUTRITIONAL SCIENCES: FROM FUNDAMENTALS TO FOOD, 3rd Enhanced

Edition clearly explains the scientific principles underlying nutrition while incorporating applications to promote a complete understanding of core concepts. This integrated approach provides a strong science foundation in a context relevant to your daily life and career. Supported by an impressive visual design, engaging case studies and interactive digital resources, NUTRITIONAL SCIENCES offers a unique, balanced program for learning. A Table of Food Composition booklet is included.

INTRODUCTORY NUTRITION

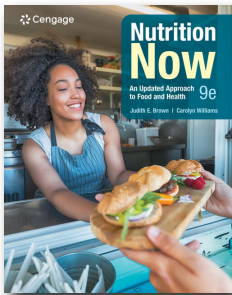
NEW EDITION

NUTRITION NOW, 9E

Brown/Williams

© 2025, 672pp, Paperback, 9780357852538

MindTap



Brown/Williams' NUTRITION NOW, 9th Edition, engages students and provides maximum flexibility for instructors! The authors introduce the science of nutrition to non-majors through active learning opportunities and real-world examples. The

new edition has been edited with special features like "Reality Checks" and "Take Action" to help students apply the material to their own lives. The 32 modular units enable instructors to easily select material, including foundational topics such as diet planning, nutrition labels, macronutrients, vitamins and minerals, physical activity, pregnancy and lactation, common chronic diseases such as heart disease and diabetes, dietary supplements, global issues and much more. The text is available with MindTap, the most engaging and easily personalized online solution in nutrition that enables instructors to deliver what they know is best for their students.

NEW EDITION

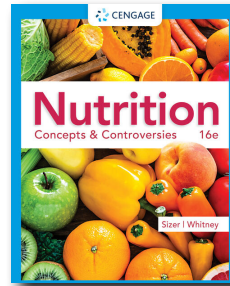
NUTRITION, 16E

Concepts & Controversies

Frances Sizer, Nutrition and Health Associates; Ellie Whitney, Nutrition and Health Associates

© 2023, 880pp, Paperback, 9780357727614

MindTap



Make better food choices and live a healthier life with NUTRITION: CONCEPTS AND CONTROVERSIES. More conversational than a pure-science text, this book explores the essentials of nutrition—including how the body breaks down and uses food, food safety, sports

nutrition and special nutritional needs throughout the human life cycle—and asks you to weigh in on relevant debates, such as sustainable diets, the safety of supplements, genetically modified foods, how much is too much sugar, and “keto” and “paleo” diets. NUTRITION: CONCEPTS AND CONTROVERSIES is available with the MindTap learning platform, which offers self-quizzing and activities to propel your learning from memorization to mastery.

NEW EDITION

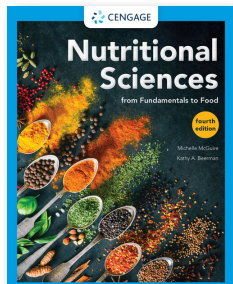
NUTRITIONAL SCIENCES, 4E

From Fundamentals to Food

Michelle 'Shelley' McGuire, University of Idaho; Kathy A. Beerman, Washington State University

© 2023, 768pp, Hardback, 9780357730539

MindTap



Crystal Clear, Up-to-Date Science + Compelling Applications = A Balanced Program for Learning. Develop a clear understanding of the core concepts of nutrition with **NUTRITIONAL SCIENCES: FROM FUNDAMENTALS TO FOOD**, 4th Edition. Now

updated with the 2020-2025 Dietary Guidelines for Americans and the latest findings in the field, this proven resource clearly explains the scientific principles underlying nutrition while incorporating applications relevant to your daily life. Supported by an impressive visual design, engaging case studies, and interactive digital resources, **NUTRITIONAL SCIENCES** offers a unique, balanced program for learning.

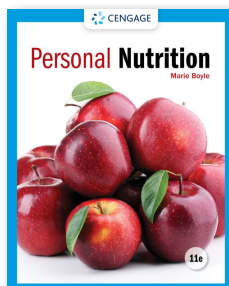
NEW EDITION

PERSONAL NUTRITION, 11E

Marie A. Boyle, Saint Elizabeth University

© 2023, 512pp, Paperback, 9780357446935

MindTap eBook



Access the tools and knowledge you need to take charge of your life with **PERSONAL NUTRITION**, 11th Edition. Packed with the latest research, recommendations and emerging trends, this text equips you with a solid foundation in fundamental

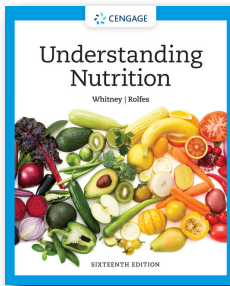
nutrition principles and the expertise you need to make informed, healthy choices. Lively illustrations, photographs and examples bring chapter concepts to life, while features like “The Savvy Diner” and “Make Every Bite Count” offer practical tips you can put into immediate practice. The text is also supported by MindTap, which helps you learn on your terms. The most engaging and customizable online solution in nutrition, MindTap combines readings, multimedia, assessments, activities, and access to Diet & Wellness Plus--giving you everything you need to maximize your course success.

UNDERSTANDING NUTRITION, 16E

Eleanor Noss Whitney, Nutrition and Health Associates;
Sharon Rady Rolfes, Nutrition and Health Associates

© 2022, 816pp, Hardback, 9780357447512

MindTap eBook



Prepare for your future career in nutrition with this bestselling text--which makes the science of nutrition relatable and meaningful. UNDERSTANDING NUTRITION makes the sometimes confusing topic of nutrition easy to

understand by offering step-by-step coverage of nutrition concepts and related processes. Vivid illustrations and quick-reference nutrition tables make even the most difficult concepts easy to master. With an understanding of nutrition, you can make healthy choices in your daily life and provide others with accurate information in your professional career.

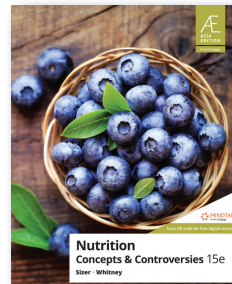
AE NUTRITION: CONCEPTS & CONTROVERSIES, 15E

Frances Sizer, Nutrition and Health Associates; Ellie Whitney, Nutrition and Health Associates

© 2020, 744pp, Paperback, 9789814846943

MindTap

AsiaTitle



Help students eat better and live healthier lives with NUTRITION: CONCEPTS AND CONTROVERSIES, 15th Edition. A market leader for nearly four decades, this text balances important scientific research and nutrition fundamentals with

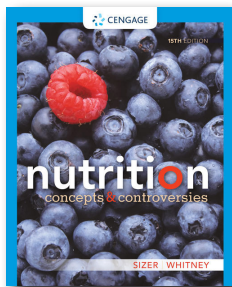
applications to real life and general well-being. Author Sizer and Whitney's conversational tone and their coverage of controversial topics engage students and help them sort through various fads, facts and misconceptions, empowering them to make good food choices. The MindTap interactive platform enables instructors to personalize their course with coordinating slides, multimedia and a full suite of learning activities.

NUTRITION, 15E
Concepts and Controversies

Frances Sizer, Nutrition and Health Associates; Ellie Whitney, Nutrition and Health Associates

© 2020, 880pp, Paperback, 9781337906371

MindTap eBook



Nourish your mind and body with **NUTRITION: CONCEPTS AND CONTROVERSIES**. More conversational than a pure-science text, this book explores the essentials of nutrition—including how the body breaks down and uses

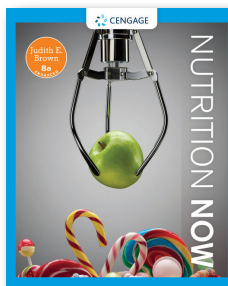
food, food safety, sports nutrition and special nutritional needs throughout the human life cycle—and asks you to weigh in on relevant debates, such as world hunger, chronic diseases, dietary guidelines and eating patterns. Available with the MindTap learning platform, the 15th edition also offers self-quizzing and activities to propel your learning from memorization to mastery.

NUTRITION NOW, ENHANCED EDITION, 8E

Judith E. Brown, University of Minnesota

© 2020, 704pp, Paperback, 9780357021651

MindTap eBook



Reach your diet and nutritional goals with **NUTRITION NOW, ENHANCED 8th Edition!** Understanding the basic principles of nutrition and its impacts on your health can lead to better choices and more successful diet planning now and

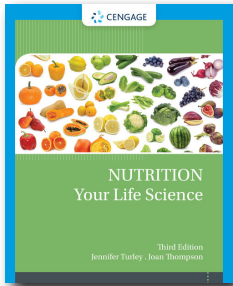
throughout your lifetime. Chapters cover nutrition basics such as diet planning, the macronutrients, vitamins and minerals, exercise, pregnancy and lactation, global issues and much more. **NUTRITION NOW, ENHANCED**, organizes content into easy-to-read, manageable units that help you focus on the concepts while applying what you have learned to your own life.

NUTRITION YOUR LIFE SCIENCE, 3E

Jennifer Turley, Weber State University; Joan Thompson,
Weber State University

© 2019, 576pp, Spiral, 9780357426821

MindTap



NUTRITION: YOUR LIFE SCIENCE, 3rd Edition, helps you understand the fundamental principles of nutritional science through an interactive, flexible, and fun learning experience. Turley/Thompson gives you a variety of options to learn, review, and demonstrate

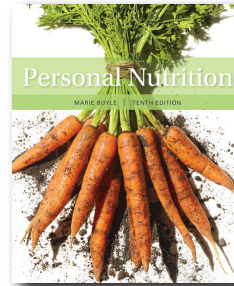
your knowledge. Use the unique learning aids, including Take-Ten Reflective Questions, Practices, and Bio Beats, to engage with the material and develop a better understanding of how nutrition concepts apply to your own life.

PERSONAL NUTRITION, 10E

Marie A. Boyle, Saint Elizabeth University

© 2019, 544pp, Paperback, 9781337557955

MindTap eBook



Become a smarter consumer with Boyle's PERSONAL NUTRITION, 10th Edition. Packed with the latest research, recommendations and emerging trends, this text equips you with a solid foundation in fundamental nutritional principles and the

expertise to make informed, healthy choices. Lively illustrations, photographs and examples bring chapter concepts to life, while features like "The Savvy Diner" and "Eat Well, Be Well" offer practical tips you can put into immediate practice. The text is also supported by MindTap Nutrition, which helps you learn on your terms. The most engaging and customizable online solution in nutrition, MindTap combines readings, multimedia, assessments, activities and access to Diet & Wellness Plus--giving you everything you need to maximize your course success. Take charge of your own nutrition and health with Boyle's PERSONAL NUTRITION!

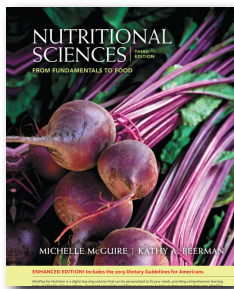
NUTRITIONAL SCIENCES:, 3E

From Fundamentals to Food, Enhanced Edition

Michelle 'Shelley' McGuire, University of Idaho; Kathy A. Beerman, Washington State University

© 2018, 736pp, Hardback, 9781337565332

MindTap eBook



Crystal Clear Science + Compelling Applications = A Balanced Program for Teaching and Learning Now updated with the 2015 Dietary Guidelines for Americans, **NUTRITIONAL SCIENCES: FROM FUNDAMENTALS TO FOOD**, 3rd Enhanced

Edition clearly explains the scientific principles underlying nutrition while incorporating applications to promote a complete understanding of core concepts. This integrated approach provides a strong science foundation in a context relevant to your daily life and career. Supported by an impressive visual design, engaging case studies and interactive digital resources, **NUTRITIONAL SCIENCES** offers a unique, balanced program for learning.

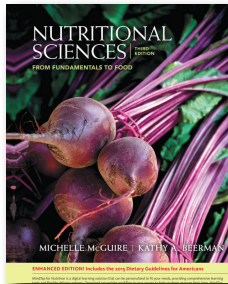
NUTRITIONAL SCIENCES:, 3E

From Fundamentals to Food, Enhanced Edition (with Table of Food Composition Booklet)

Michelle 'Shelley' McGuire, University of Idaho; Kathy A. Beerman, Washington State University

© 2018, 736pp, Hardback, 9781337628877

MindTap



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Edition clearly explains the scientific principles underlying nutrition while incorporating applications to promote a complete understanding of core concepts. This integrated approach provides a strong science foundation in a context relevant to your daily life and career. Supported by an impressive visual design, engaging case studies and interactive digital resources, **NUTRITIONAL SCIENCES** offers a unique, balanced program for learning. A Table of Food Composition booklet is included.

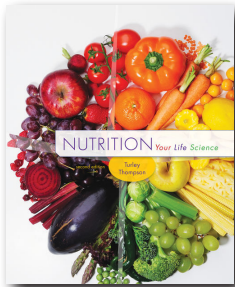
NUTRITION, 2E

Your Life Science

Jennifer Turley, Weber State University; Joan Thompson, Weber State University

© 2016, 560pp, Paperback, 9781305112575

MindTap eBook



NUTRITION: YOUR LIFE SCIENCE, Second Edition, helps you understand the fundamental principles of nutritional science through an interactive, flexible, and fun learning experience. Turley/Thompson gives you a variety of options to learn, review, and demonstrate

your knowledge. Use the unique learning aids, including Take-Ten Reflective Questions, Practices, and Bio Beats, to engage with the material and develop a better understanding of how nutrition concepts apply to your own life.

LIFE SPAN NUTRITION

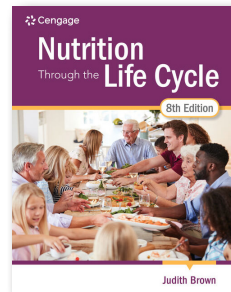
NEW EDITION

NUTRITION THROUGH THE LIFE CYCLE, 8E

Brown

© 2024, 608pp, Paperback, 9780357730423

MindTap



Written by one of the most influential authors in the field, Brown's NUTRITION THROUGH THE LIFE CYCLE, Eighth Edition, illustrates how nutrition impacts healthy people as they grow, develop and function through life stages.

More student friendly than ever, its signature layered approach progresses from preconception to the end stages of the life cycle--alternating chapters between normal and clinical nutrition to provide readers with the complete picture of each topic. Drawing on the insight from leading experts, the eighth edition reflects the latest research in its comprehensive coverage of nutritional needs, nutrition and disease outcomes, model programs, healthful diets, gene variants, nutrient-gene interactions and more. Case studies give students experience with real-world clinical applications and care standards. Complementing the text, MindTap digital resources help students prepare for class, review content and complete course assignments.

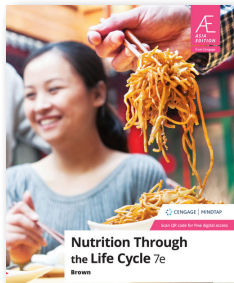
AE NUTRITION THROUGH THE LIFE CYCLE, 7E

Judith E. Brown, University of Minnesota

© 2020, 616pp, Paperback, 9789814866170

MindTap

AsiaTitle



Written by one of the most influential authors in the field, Brown's Nutrition Through the Life Cycle, Seventh Edition, illustrates how nutrition impacts healthy people as they grow, develop and function through life stages. More student friendly than ever,

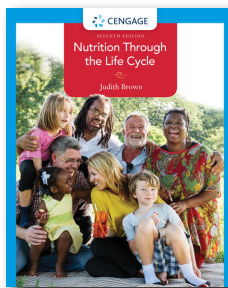
its signature layered approach progresses from preconception to the end stages of the life cycle--alternating chapters between normal and clinical nutrition to give the complete picture of each topic. Including insight from leading experts, it reflects the latest research in its comprehensive coverage of nutritional needs, nutrition and disease outcomes, model programs, healthful diets, gene variants, nutrient-gene interactions and more. Case studies give students experience with real-world clinical applications and care standards. Also available: MindTap digital learning solution.

NUTRITION THROUGH THE LIFE CYCLE, 7E

Judith E. Brown, University of Minnesota

© 2020, 608pp, Paperback, 9781337919333

MindTap eBook



Packed with insight from leading experts, Brown's Nutrition Through the Life Cycle, Seventh Edition, shows how nutrition impacts healthy people as they grow, develop and function through life stages. Extremely reader friendly, the text features a vibrant

full-color design and is packed with illustrations that make abstract ideas easy to visualize. Using a unique "layered approach," it progresses from preconception to the end stages of the life cycle, alternating chapters between normal and clinical nutrition to give you the complete picture. It reflects the latest research and dietary guidelines in its comprehensive coverage of nutritional needs, nutrition and health disease outcomes, model programs, healthful diets, nutrients, gene variants, nutrient-gene interactions and more. Case studies give you further insight into clinical applications and care standards in real-world practice.

NORMAL & CLINICAL NUTRITION/MEDICAL NUTRITION THERAPY

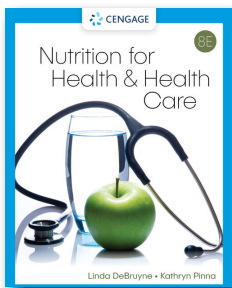
NEW EDITION

NUTRITION FOR HEALTH AND HEALTH CARE, 8E

Linda Kelly DeBruyne, *Nutrition and Health Associates*;
Kathryn Pinna, .

© 2023, 784pp, Paperback, 9780357730317

MindTap



Explore the role nutrition plays in health and disease while learning strategies for improving patient health and motivating behavior change with **NUTRITION FOR HEALTH AND HEALTH CARE, 8th Edition**. This proven text introduces the science behind basic

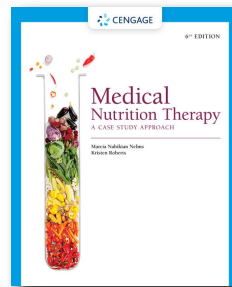
nutrition concepts, disease pathophysiology, and disease treatments and gives you the tools you need to succeed in your course and career. To help you succeed, the interactive MindTap platform features case studies, N.C.L.E.X.-style practice problems, a Diet & Wellness Plus app for setting and tracking nutritional goals—and even an ebook that can read aloud to you!

MEDICAL NUTRITION THERAPY, 6E A Case Study Approach

Marcia Nelms, *The Ohio State University*; Morris Hein Hein et al., *The Ohio State University*

© 2022, 432pp, Paperback, 9780357450680

MindTap eBook



Prepare for clinical practice by “solving” 29 realistic case studies in nutrition and medical nutrition therapy. Using the medical record as its structure, you draw on the information provided (hospital admission data, laboratory test results, intake/output records, and

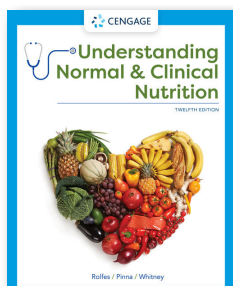
physician and other health care provider progress notes) to solve the case. A series of questions follow the case, focusing on pathophysiology; assessment; clinical, nutritional, and behavioral outcomes; interventions; and appropriate follow-up for the patient.

UNDERSTANDING NORMAL AND CLINICAL NUTRITION, 12E

Sharon Rady Rolfes, *Nutrition and Health Associates*; Kathryn Pinna, .; Ellie Whitney, *Nutrition and Health Associates*

© 2021, 1120pp, Hardback, 9780357368107

MindTap eBook



Nourish your mind with UNDERSTANDING NORMAL AND CLINICAL NUTRITION, 12th Edition! Start by learning about normal nutrition, including the effects of food and nutrients on your mental and physical health, and then turn your focus to the

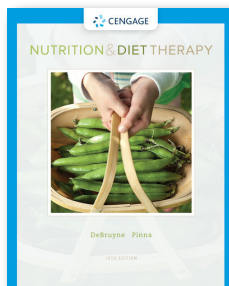
clinical side of nutrition and the therapeutic care of people with health problems. Packed with practical information and resources, this text is designed to help you understand and apply nutrition concepts to your daily life as well as to clinical settings. Features in the text include real-life case studies and questions, step-by-step “How To” instruction, detailed illustrations, intriguing vignettes, a full glossary, and much more. Regardless of your background, the authors’ enthusiasm, student-friendly writing, careful explanations, and concise coverage of current topics will inspire you to take a healthy look at the field of nutrition!

NUTRITION AND DIET THERAPY, 10E

Linda Kelly DeBruyne, *Nutrition and Health Associates*; Kathryn Pinna, .; Eleanor Noss Whitney

© 2020, 864pp, Paperback, 9780357039861

MindTap eBook



Set audacious nutritional goals with NUTRITION AND DIET THERAPY, 10th Edition! The core nutrition concepts and the latest clinical approaches in this book set you up for success, no matter your role in a client’s nutritional care. Organized around diet

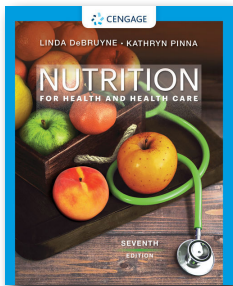
types instead of organ systems and diseases, this practical guide accelerates understanding by requiring you to apply concepts and skills as you learn them. From public policy and nutritional guidelines to weight management and diet planning, this go-to resource builds your confidence, so you’re ready to help others make the best choices for their nutritional needs.

NUTRITION FOR HEALTH AND HEALTH CARE, 7E

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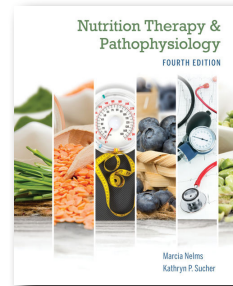
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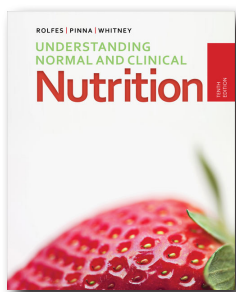
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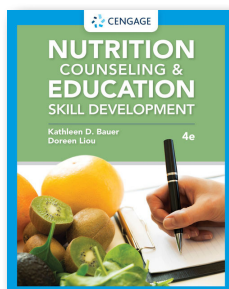
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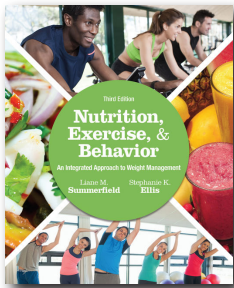
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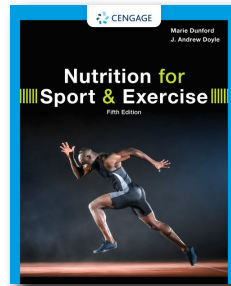
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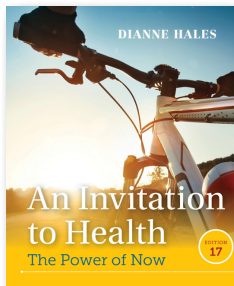
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