



# **Nutrition for Healthy Living Updated with 2015-2020 Dietary Guidelines for Americans**

*Wendy Schiff*

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# Nutrition for Healthy Living Updated with 2015-2020 Dietary Guidelines for Americans

Wendy Schiff

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Completely revised, up-to-date, and redesigned, the fourth edition of *Nutrition for Healthy Living* takes an innovative approach to introductory nutrition for non-science majors. With its unique, concise organization and a distinct focus on consumerism, this engaging, fun-to-read text provides students with the scientific foundation needed to make informed nutritional decisions well beyond the classroom.

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