



# Nutrition: Concepts and Controversies

*Frances Sizer, Ellie Whitney*

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**Nutrition: Concepts and Controversies** Frances Sizer, Ellie Whitney

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Updated throughout and featuring the new Dietary Guidelines, this clear and engaging market leader strikes the perfect balance of scientific research, core concepts, and relevant applications. With a lively and approachable writing style, the authors dispel existing misconceptions and empower you to make better nutrition choices and enact real, lasting behavior change.

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