



Nutrition: An Applied Approach (4th Edition)

By Janice Thompson, Melinda Manore

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Nutrition: An Applied Approach, Fourth Edition introduces you to nutrition with an innovative, applied format that discourages rote memorization and promotes long-term understanding of the material. Building on your natural interest in nutrition, the authors demonstrate in a clear, conversational style how key nutritional information relates to your personal health and nutrition, and show how to debunk commonly held misconceptions.

The applied approach is reflected in the functional organization of the micronutrient chapters, focusing on the vitamins and minerals and their primary

functions within the body. The applied content is focused on key content areas: fluid and electrolyte balance, antioxidant function, bone health, and energy metabolism and blood health—topics of particular importance to instructors. You can easily grasp this accessible conceptual framework for understanding the role nutrients play in bodies and overall health.

The Fourth Edition features **MasteringNutrition™**, an online homework, assessment, and tutorial system that allows instructors to personalize the nutrition course like never before with next generation course management tools. Master topics through interactive mini-lessons, quizzing, and immediate wrong-answer feedback.

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- **Help students visualize and understand tough topics:** All-New Focus Figures appear in bold, full-page displays throughout the text to help teach you the toughest topics in nutrition.
- **Emphasize applications:** Practice core nutrition concepts by using **MyDietAnalysis**, a software system that allows you to complete a diet assignment and then enter the information to create a variety of reports, in addition to other tools.

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Editorial Review

About the Author

Janice Thompson earned her Ph.D. at Arizona State University in exercise science with an emphasis in exercise physiology and nutrition. She is currently a professor in the School of Sports and Exercise Sciences at The University of Birmingham, U.K. Her work in the United Kingdom focuses on developing nutrition and physical activity interventions to reduce the risk for cardiovascular disease and type 2 diabetes in high-risk populations. Janice has retained her U.S. affiliation as a nutrition and exercise research consultant with the Office of Native American Diabetes Programs at the University of New Mexico Health Sciences Center.

Janice is a fellow of the American College of Sports Medicine (ACSM) and a member of the American Society for Nutrition (ASN), the British Association of Sport and Exercise Science (BASES), and The Nutrition Society. Janice won an undergraduate teaching award while a faculty member at the University of North Carolina, Charlotte.

Janice publishes two other nutrition books with Pearson: the higher-level majors text, *The Science of Nutrition* (just published in its 3rd edition), and the consumer-level book, ***Nutrition for Life, Third Edition***. In addition, Janice co-authored *Sport Nutrition for Health and Performance*, with Melinda Manore (published by Human Kinetics).

Melinda Manore earned a doctorate in human nutrition with a minor in exercise physiology at Oregon State University, and a master's degree in health education from the University of Oregon. She is currently a professor in the Department of Nutrition and Exercise Sciences at Oregon State University, where she teaches and conducts research in the area of nutrition and exercise. Before coming to Oregon State, she taught at Arizona State University for 17 years. Melinda's areas of specialization include nutritional requirements and issues for active women, nutrition assessment, and the role that nutrition and exercise play in health, energy balance, obesity, and disordered eating.

A registered dietitian, Melinda is an active member of the American Dietetic Association (ADA). She is Past Chair of the ADA Research Committee and the Research DPG (Dietetic Practice Group). Melinda is a member of the American Society of Nutritional Sciences (ASNS), the American Society for Clinical Nutrition (ASCN), the North American Association for the Study of Obesity (NAASO), the National Academy of Sciences Committee on Military Nutrition Research, and a Fellow of the American College of Sports Medicine (ACSM).

Melinda writes a nutrition column for and is an associate editor for ACSM's *Health and Fitness Journal*, and she has won numerous awards for excellence in research and teaching. While at Arizona State University, she was nominated for the Distinguished Mentor of Women Award (1996), and the College of Liberal Arts & Sciences Alumni Association Outstanding Teaching Award (1998, 2000). In 2001, she received the SCAN Excellence in Practice Award.

Melinda co-authored ***The Science of Nutrition, Third Edition*** with Janice Thompson and Linda Vaughan; *Nutrition for Life, Third Edition* with Janice Thompson; and co-authored the Human Kinetics title *Sport Nutrition for Health and Performance* with Janice.

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