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Overview. Building upon Ellie Whitney and Sharon Rady Rolfes' classic text, this third Australian and New Zealand edition of *Understanding Nutrition* is a practical and engaging introduction to the core principles of nutrition. A thorough introductory guide, this text will equip students with the knowledge and skills required to optimise health and

wellbeing. Find helpful customer reviews and ratings for *Understanding Nutrition First Canadian Edition* at Amazon.com. Read honest and unbiased product reviews from our users. **Formats and Editions of Understanding nutrition [WorldCat.org]** *Understanding Nutrition- Chapter 1.* The science of foods and the nutrients

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