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Preface inTroduCinG contemporary nutrition: a functional approach Teaching nutrition at the college level is a challenging endeavor. Dedicated college instructors strive to provide their students with a positive learning experience that will allow them to master unfamiliar content and to apply sound nutrition principles to their lives. One particular challenge instructors face is the difficult ...

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The text provides students who lack a strong science background the ideal balance of reliable nutrition information and practical consumer-oriented knowledge.Through the functional approach, Vitamins and minerals are covered based on their roles in the body.

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