



Discovering Nutrition

Paul Insel, Don Ross, Melissa Bernstein, Kimberley McMahon

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Written for non-majors, *Discovering Nutrition, Fifth Edition* introduces students to the fundamentals of nutrition with an engaging and personalized approach. The text focuses on teaching behavioral change, personal decision making, and up-to-date scientific concepts in a number of innovative ways. Students will learn practical consumer-based nutrition information using the robust, interactive learning tools and study aids highlighted throughout the text. The Fifth Edition incorporates a new feature, Culture Corner, which introduces individuals within a variety of cultures, and discusses their nutritional customs and behaviors. It also examines the latest discoveries and dietary guidelines and emphasizes how our nutritional behaviors influence lifelong personal health and wellness.

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