The Latest Texts and Resources in Nutrition and Dietetics
This book presents a lot of valuable information in an easy-to-read and easy-to-apply manner. Since nutrition is constantly changing, this edition is a welcome one. The topics covered give students all the information they need to have a firm grasp of basic nutrition.

Amy Hess-Fischl, MS, RD, LDN, BC-ADM, CDE
University of Chicago Medical Center
Commenting on Fourth Edition

Doody’s Review Service, Rating
5 STARS! ★ ★ ★ ★ ★

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Nutrition, Fifth Edition is a completely revised and updated text. The new edition is challenging, student-focused, and provides the reader with the knowledge they need to make informed decisions about their overall nutrition and a healthy lifestyle.

Central to the fifth edition is its rigorous coverage of the science of nutrition, metabolism, and nutrition-related diseases. Practical content, coupled with focused chapter learning objectives, reinforce key concepts to improve retention and learning outcomes. An integrated pedagogy accommodates different learning styles to promote knowledge, behavior change and student comprehension of the material.

New TO THE FIFTH EDITION

- Spotlight on Obesity
- Chapter Learning Objectives added to the beginning of each chapter
- All New Nutrition Science in Action Features
- Updated chapter pedagogy includes new definitions and statistics based on the 2010 Dietary Guidelines, USDA MyPlate, and Healthy People 2020
- Updated position statements reflect the new Academy of Nutrition and Dietetics
- A wealth of student and instructor resources accompany the text
- Money-saving eBook & bundle options available

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Advanced Human Nutrition
THIRD EDITION

Denis M. Medeiros, MS, PhD, RD, LD
Dean of the Graduate School & Vice Provost for Faculty Affairs, University of Missouri, Kansas City

Robert E.C. Wildman, PhD, RD, LD

Hardcover with Access Code | 390 pages | © 2015

Available December 2013!

Topics Covered Include

- Human nutrition, digestion, and absorption with relation to organs, exocrine and endocrine functions, histology, and absorptive activities
- Macronutrients during exercise and the role of liquids and sports drinks
- Cell aging, damage, and repair systems
- Microflora and satiety/hunger mechanisms
- Prevalent diseases in western cultures such as coronary heart disease, cancer, and osteoporosis

Written for the upper-level undergrad or graduate level majors course, Advanced Human Nutrition, Third Edition provides an in-depth overview of the human body and details why nutrients are important from a biochemical, physiological, and molecular perspective. Through its writing style and clear figures and illustrations, the Third Edition clearly outlines metabolism and the molecular functions of nutrients. A variety of pedagogical elements within the text, such as “Here's Where You Have Been” and “Here's Where You Are Going,” help clarify key points from the chapter and provide real-world examples to bring the content to life.

Topics Covered Include

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- Prevalent diseases in western cultures such as coronary heart disease, cancer, and osteoporosis

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Discovering Nutrition
FOURTH EDITION

Paul Insel
Stanford University

Don Ross
California Institute of Human Nutrition

Kimberley McMahon, RD
Utah State University

Melissa Bernstein, PhD, RD, LD
Rosalind Franklin University of Medicine and Science


Paperback with Access Code | 690 pages | © 2013

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“The text, in my opinion, is one of the best available for basic nutrition.”

Bernard L. Frye
PhD, University of Texas at Arlington

Thoroughly revised and updated, this introductory nutrition text is designed for students with little or no background in college-level biology, chemistry, or physiology. Discovering Nutrition’s coverage of material such as digestion, metabolism, chemistry, and life-cycle nutrition is clearly written, accessible, and engaging to undergraduate students.

NEW TO THIS EDITION
- Updated Design - interior layout has been upgraded and modernized
- MyPlate & 2010 Dietary Guidelines have been fully integrated into the text
- Updated statistics and references throughout the text
- Additional content on weight management; Vitamin D
- ADA name change to Academy of Nutrition and Dietetics
- Spotlight on childhood obesity
- Expanded information regarding Celiac Disease
- More content on nutrition and disease
- Information on the Mediterranean diet; food guides of other countries

KEY FEATURES
- Think About It questions present realistic nutrition-related situations and ask students to consider how they would behave in such circumstances.
- For Your Information offer more in-depth treatment of controversial and timely topics such as unfounded claims about the effects of sugar, whether athletes need more protein, and the usefulness of the glycemic index.
- Try This activities encourage students to put theory into practice.
- Study Questions encourage students to probe deeper into the chapter content, making connections and gaining new insights.
- Money-saving eBook and bundle options available.
- Includes FREE access to the Discovering Nutrition Electronic Student Study Guide.

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Practical Applications in Sports Nutrition
FOURTH EDITION
Heather Hedrick Fink, MS, RD, CSSD
National Institute for Fitness & Sports
Alan E. Mikesky, PhD, FACSM
Indiana University-Purdue University Indianapolis
Paperback with Access Code | 600 pages | © 2015

Includes access to Navigate Companion Site!
Revised and updated to keep pace with changes in the field, the Fourth Edition of Practical Applications in Sports Nutrition provides students and practitioners with the latest sports nutrition information and dietary practices so they can assist athletes and fitness enthusiasts in achieving their personal performance goals. With data and statistics from the latest nutrition research and guidelines, it demonstrates effective ways to communicate sports nutrition messages to athletes and how to motivate individuals to make permanent behavior change.

New and Key to the Fourth Edition
- New discussion of sports nutritionists as evidence-based practitioners
- Updated MyPlate food group recommendations
- Revised discussion of the relationship between current body weight and carbohydrate intake as well as the types and the amounts of carbohydrates that should be consumed during exercise
- New Food For Thought callouts identify related material in Sports Nutrition Workbook and Assessments
- Updated statistics, guidelines, and regulations found throughout the text
- Available with Sports Nutrition Workbook and Assessment, as well as the Student Companion Website and numerous Instructor Resources

Geriatric Nutrition
The Health Professional’s Handbook, FOURTH EDITION
Ronni Chernoff, PhD, RD, Central Arkansas Veterans Healthcare Center

This resource prepares students and health professionals with practical, current information that can be readily applied to assessing nutrition status, preventing and managing disease, and creating more effective health promotion strategies for older adults. Leading experts in geriatric nutrition contributed the most current information that examines the impact of aging on organ systems and addresses the relationship among physiologic aging, nutrition, and disease. It explores the role of nutrition in the maintenance of health, the management of chronic conditions, and the treatment of serious illness in the elderly.
Food Science
An Ecological Approach

Sari Edelstein, PhD, RD
Simmons College
Hardcover with Access code | 584 pages | © 2014

Learn More at: go.jblearning.com/edelstein

Includes access to Navigate Companion Site!

Food Science: An Ecological Approach presents food science and food preparation in the context of current environmental world conditions. Throughout the text readers will examine the scientific basis of the dietetics profession and thoroughly explore food chemistry, preparation, safety, regulations, and cultural significance.

The science of food is discussed within the broader context of the world's food supply. Food Science: An Ecological Approach explores the idea of global sustainability and examines the ecological problems that challenge our food supply and raise increasing concerns among consumers.

Each chapter sets out clear objectives and integrates helpful sidebars, illustrations, and discussion questions to increase concept retention. Chapter summaries and special sections found throughout the text engage students and enhance the learning experience. Additional resources are available online which complement the text.

KEY FEATURES AND SPECIAL TOPICS INCLUDE

- How to Provide Public Access to a ‘Green’ Food Supply
- The Effect of Global Warming on the Food Supply
- U.S. Obesity Crisis
- Farm to Plate
- Nuts and nut allergies
- Genetically Modified Food
- Governmental Regulations of Phytonutrients and Health Claims
- Pesticides in our Food
- Food Safety
- Food Preparation Principles
- Sugar Replacement Safety History
- Disappearance of Bees

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Nutrition and Dietetics: Practice and Future Trends
FOURTH EDITION
Esther A. Winterfeldt, PhD, Professor Emeritus, Oklahoma State University
Margaret L. Bogle, PhD, RD, LD, US Department of Agriculture
Lea L. Ebro, PhD, Professor Emeritus, Oklahoma State University
Learn more at go.jblearning.com/dietetics4

NEW TO THE FOURTH EDITION
- Updated education and experience requirements
- New name for the association, the Foundation, and the journal
- New experience programs
- Expanded practice opportunities
- Updated membership and salary data
- New charts and tables
- Extensive appendix
- Update references
- Current practice audits
- Trends in the dietetics profession

The Profession of Dietetics
A Team Approach, FIFTH EDITION
June R. Payne-Palacio, PhD, RD, Professor Emeritus, Pepperdine University
Deborah D. Canter, PhD, RD, LD, Kansas State University
Paperback with Access Code  |  240 pages  | © 2014
Learn more at go.jblearning.com/payne

Includes access to Navigate Companion Site!

This text offers students a complete toolbox of resources for beginning a career in nutrition and dietetics. The text’s student-centered approach focuses on concrete steps for navigating the highly competitive and often complex steps to personal and professional success in the field. The Profession of Dietetics includes a comprehensive history of the profession, a thorough examination of credentialing and educational requirements, and an analysis of the profession’s future. This revised and updated edition includes new sections on distance internships as well as updated information on environmental changes and trends.

KEY FEATURES
- An emphasis on teamwork and a team-centered approach
- Updated references to the Academy of Nutrition and Dietetics
- A chapter dedicated to discussing the Core Knowledge and Core Performance requirements which must be met by accredited programs
- Photos and graphics that bring the text to life
- Profiles of real-life nutrition and dietetics professionals who are making a difference in the field