



Nutrition and You, MyPlate Edition (2nd Edition)

By Joan Salge Blake

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With a new Consumerism chapter, enhanced art and photos, and timely updates, this **Second Edition** of **Nutrition and You** personalizes nutrition—helping you make healthy nutrition choices and encouraging you to become an informed consumer of nutrition information.

Throughout, each vitamin and mineral are introduced in self-contained spreads, called Visual Summary Tables, that help you learn to identify the key aspects of each nutrient at a glance. You're encouraged to relate the science of nutrition to your own dietary habits, helping you to separate fact from fiction and to distinguish high-quality nutrient sources from those of lesser quality. After reading this book, you'll know to think critically about information sources and the claims made in the popular press and online.

The **MyPlate Edition** features a write-to-fit update so that you have the latest nutrition information right within your book. New information includes the new MyPlate graphic (which replaces the former MyPyramid), the 2010 Guidelines, and the new Dietary Reference Intakes.

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Editorial Review

About the Author

Joan Salge Blake, MS, RD, LDN is a Clinical Associate Professor and Dietetics Internship Director at Boston University's Sargent College of Health and Rehabilitation Sciences. She teaches both graduate and undergraduate nutrition courses. She received her MS from Boston University. Joan is currently taking classes toward her PhD in educational technology.

Joan is a member of the American Dietetic Association and the Massachusetts Dietetic Association (MDA). She has been a presenter and Presiding Officer at both the ADA Annual Meeting and the MDA Annual Convention and is a guest lecturer at the Boston University Goldman School of Dental Medicine. She was previously named MDA's "Young Dietitian of the Year" and is the past Director of Education and Nominating Committee Chairperson for the MDA. She currently serves on the MDA board. Joan has received the Whitney Powers Excellence in Teaching award from Boston University and the Annie Galbraith Outstanding Dietitian award from the Massachusetts Dietetic Association.

In addition to teaching and writing, Joan has a private practice specializing in weight management and lifestyle changes. Joan is often asked to translate complex nutritional issues in popular terms. As an ADA National Spokesperson she conducts over 100 media interviews annually, and is a nutrition contributor of articles to a variety of magazines.

Users Review

From reader reviews:

Madeline Wayt:

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