

Nutrition Made Clear

# Nutrition Made Clear

✓ Verified Book of Nutrition Made Clear

## Summary:

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Making smart eating choices is essential to living a healthy, happy, and successful life. Yet all too often, we're exposed to information and techniques that promise quick and easy results but can be harmful to your overall health: crash diets, experimental medications, ever-changing studies on what you should eat more or less of, and more. It can be confusing to dig through the mass of hype, myth, and misconceptions about good nutrition habits. So in the face of potentially misleading information and aids, where can you find the key to nutritional success?

The answer: in understanding the concepts, practices, and science behind good nutrition. Once you master the intricate and undeniably captivating interaction between what you eat and its effect on your body and mind, you unlock a powerful and scientifically proven tool to use in the quest for maintaining or improving your personal health.

Nutrition Made Clear is your opportunity to finally sort through nutrition misconceptions and replace them with hard science you can understand. In 36 in-depth lectures taught by dietitian and award-winning Professor Roberta H. Anding, you explore the fundamentals of good nutrition and get a practical and personal guide to applying these fundamentals to your unique lifestyle. Designed to appeal to anyone at any age, this course is an invaluable source of medically backed, statistically proven information about the guidelines for healthy eating and living.

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