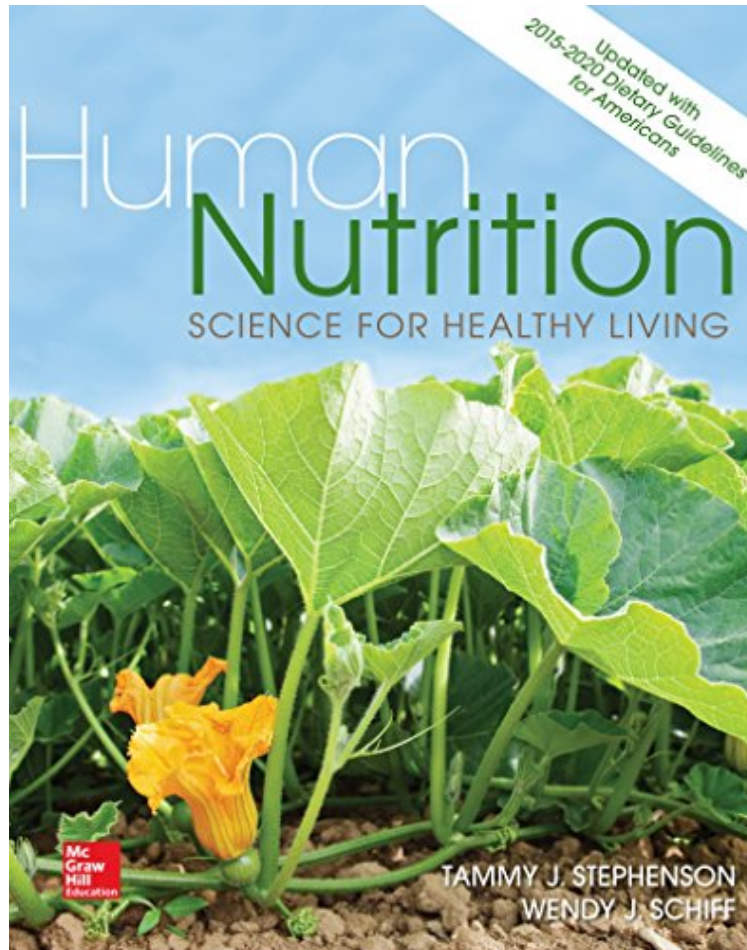


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Human Nutrition: Science for Healthy Living Updated with 2015-2020 Dietary Guidelines for Americans

Tammy J Stephenson PhD, Wendy J Schiff
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Tammy J Stephenson PhD, Wendy J Schiff : Human Nutrition: Science for Healthy Living Updated with 2015-2020 Dietary Guidelines for Americans before purchasing it in order to gage whether or not it would be worth my time, and all praised Human Nutrition: Science for Healthy Living Updated with 2015-2020 Dietary Guidelines for Americans:

Human Nutrition: Science for Healthy Living is an interesting, engaging, reliable, and evidence-based introductory textbook with a wide variety of features to promote active learning. A clinical emphasis appeals to all, but is of particular relevance to those studying nutrition, dietetics, or health science professions, including nursing. Real-life

and clinical examples, statistics, and evidence from professional sources address current and controversial topics and support the key concepts of the science of nutrition. Human Nutrition provides the framework for students to not just memorize facts, but to truly learn and apply the science of nutrition. The knowledge gained can be applied not only to a future profession, but, just as importantly, to everyday life. Our hope is that readers share the practical advice and key concepts learned in the textbook with family and friends to promote optimal health and wellness.

About the Author Wendy J. Schiff MS, RDN received her BS in biological health/medical dietetics and MS in human nutrition from The Pennsylvania State University. She has taught introductory foods and nutrition courses at the University of Missouri Columbia as well as nutrition, human biology, and personal health courses at St. Louis Community College Meramec. She has worked as a public health nutritionist at the Allegheny County Health Department (Pittsburgh, Pennsylvania) and State Food and Nutrition Specialist for Missouri Extension at Lincoln University in Jefferson City, Missouri. In addition to authoring *Nutrition for Healthy Living* and *Nutrition Essentials: A Personal Approach*, Wendy has coauthored a college-level personal health textbook and authored many other nutrition-related educational materials. She is a registered dietitian nutritionist and a member of the Academy of Nutrition and Dietetics. Tammy J. Stephenson, PhD, received her BS in Food Science and Human Nutrition and PhD in Nutritional Sciences from the University of Kentucky. She has taught a wide variety of food, nutrition, and wellness courses, including introductory nutrition, to majors and nonmajors in the Department of Dietetics and Human Nutrition at the University of Kentucky for the past 15 years. Dr. Stephenson is an active member of the Academy of Nutrition and Dietetics, serving as Chair of the Nutrition Educators of Health Professionals practice group. She has published and presented on service learning, technology in teaching, student-centered learning, and other related topics. Dr. Stephenson has a passion for teaching engaging, interesting, and relevant nutrition courses that has been recognized through multiple teaching and mentoring awards at the university, state, and national levels. Outside of the classroom, she enjoys running, yoga, coaching youth soccer, gardening, cooking, and spending time with her family.