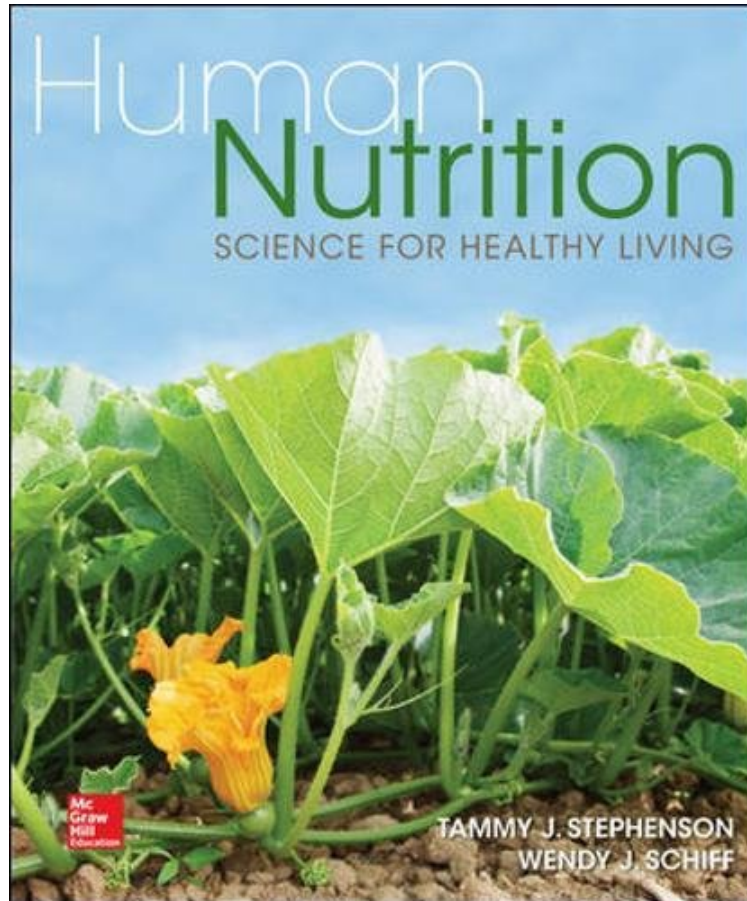


(Mobile book) Human Nutrition: Science for Healthy Living

# Human Nutrition: Science for Healthy Living

Tammy Stephenson, Wendy Schiff

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COMING SOON: Revised for2015 Dietary GuidelinesHuman 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.