



Nutrition for Life (3rd Edition)

By Janice J. Thompson, Melinda Manore

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Nutrition for Life (3rd Edition) By Janice J. Thompson, Melinda Manore

&>Nutrition for Life capitalizes on students' natural interest in nutrition by demonstrating how it relates directly to their health and daily lives. This book is unique among introductory texts in its presentation of nutrients based on function, rather than chemical classification. Within the vitamins and minerals chapters, micronutrients are organized by their various functions within the body (such as tissue guardians, antioxidants, energy generators, essential electrolytes, mineral power plants, blood fortifiers, bone builders), enabling students to think about them conceptually while also understanding their basic roles in the body. This discourages rote memorization and promotes fuller and more accessible understanding of each micronutrients' importance. For those instructors who still want their students to understand the traditional chemical organization, the micronutrient chapters include detailed tables and overviews of water-soluble and fat-soluble vitamins, and the trace and major minerals.

Beyond the functional approach, *Nutrition for Life* includes applied features such as Eating Right All Day, Foods You Don't Know You Love Yet, and new Cooking videos. The **Third Edition** also includes additional content with engaging new features, fewer Nutri-Cases, and the new MyPlate food patterns and recommendations. The art and photos have also been updated, along with a fresh interior design.

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Editorial Review

About the Author

Janice Thompson, Ph.D., FACSM

University of Bristol

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Janice Thompson earned a Ph.D. from Arizona State University in exercise physiology and nutrition. She is currently Bristol University's Head of the Centre of Exercise, Nutrition, and Health Sciences and Professor of Public Health Nutrition. Her research focuses on designing and assessing the impact of nutrition and physical activity interventions to reduce the risks for obesity, cardiovascular disease, and type 2 diabetes in high-risk populations. She also teaches nutrition and research methods courses, and mentors graduate research students.

Janice is a Fellow of the American College of Sports Medicine (ACSM) and a member of the American Society for Nutrition (ASN), the British Association of Sport and Exercise Science (BASES), The Nutrition Society in the United Kingdom, and the European College of Sports Science (ECSS). Janice won an undergraduate teaching award while at the University of North Carolina, Charlotte. In addition to *Nutrition: An Applied Approach*, Janice co-authored the Pearson textbooks *Nutrition for Life*, with Melinda Manore, and *The Science of Nutrition* with Melinda Manore and Linda Vaughan. Janice loves traveling, yoga, hiking, and cooking and eating delicious food. She likes almost every vegetable except canned peas and believes chocolate should be listed as a food group.

Melinda Manore, Ph.D., RD, CSSD, FACSM

Oregon State University

Melinda Manore earned a Ph.D. in human nutrition with a minor in exercise physiology at Oregon State University (OSU). She is the past chair of the Department of Nutrition and Food Management at OSU, and is currently a professor in the Department of Nutrition and Exercise Sciences. Prior to her tenure at OSU, she taught at Arizona State University for 17 years. Melinda's area of expertise is nutrition and exercise, especially the role of diet and exercise in health, exercise performance, weight control, and micronutrient needs. She focuses on the nutritional needs of active women and girls across the lifecycle.

Melinda is an active member of the American Dietetic Association (ADA) and the American College of Sports Medicine (ACSM). She is the past chair of the ADA Research Committee and the Research Dietetic Practice Group, and served on the ADA Obesity Steering Committee. She is an active member of SCAN, a nutrition and exercise practice group of ADA. She is a Fellow of ACSM and is currently Vice President. Melinda is also a member of the American Society of Nutrition (ASN) and the Obesity Society. She is the recent chair of USDA's Nutrition and Health Planning and Guidance Committee. Melinda is the past nutrition column author and associate editor for ACSM's Health and Fitness Journal, and Medicine and Science in Sports and Exercise, and serves on editorial boards of numerous research journals. She has won awards for excellence in research and teaching. She has also co-authored the Pearson textbooks *Nutrition for*

Life, with Janice Thompson, and *The Science of Nutrition*, with Janice Thompson and Linda Vaughan. Melinda is an avid walker, hiker, and former runner who loves to cook and eat great food. She is now trying her hand at gardening and birding.

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