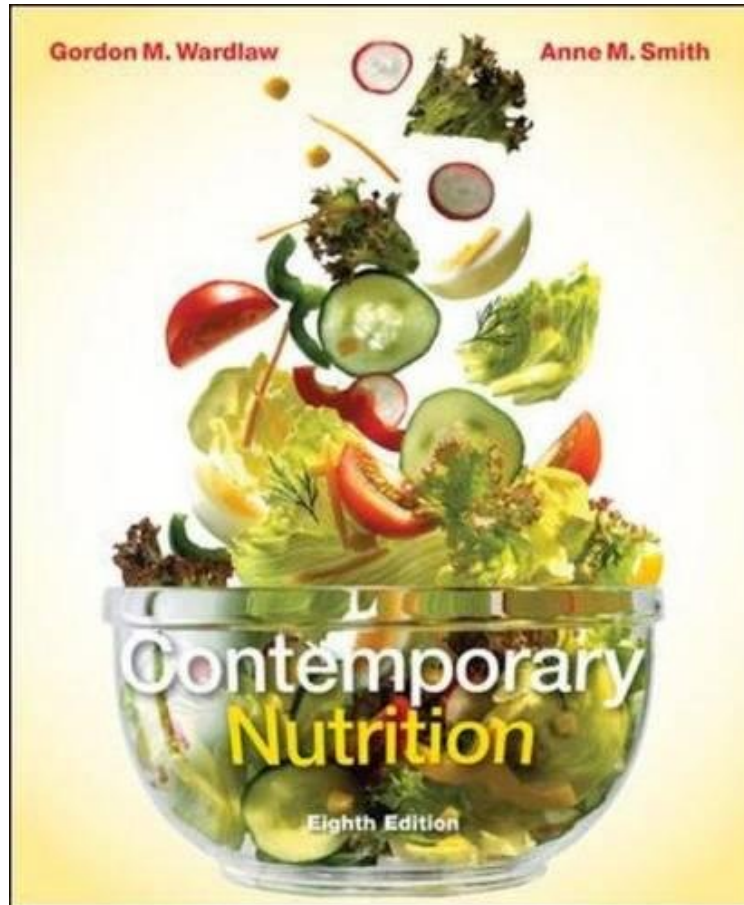


## Contemporary Nutrition

*Gordon Wardlaw, Anne Smith*

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**Gordon Wardlaw, Anne Smith : Contemporary Nutrition** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Contemporary Nutrition:

0 of 0 people found the following review helpful. A good start to learning about the importance of proper nutrition! By Silverwing  
This book was utilized in a university level course on nutrition. As such, while the book was well utilized over the course of the semester for examining everything from fats and carbohydrates to diets and cultural practices, with case studies mixed in along the way, many topics were not covered in depth (meaning that the book has more use than just an introductory textbook). However, this being said, the book cannot make up for up-to-date information obtained from the USDA and other governmental organizations and NGOs, especially concerning current social issues, recommended daily allowances (RDAs), recommended daily intake (RDI), adequate intake (AI), recent food-borne pathogens and their danger, and in depth analyses of issues requiring gluten free diets and the like. By the way, make sure to check the price prior to purchasing. Used versions look just as great but at 10% of the cost...if that.  
0 of 0 people found the following review helpful. Four Stars  
By Meghan  
Just the book I needed and arrived on time!  
0 of 0 people found the following review helpful. Five Stars  
By Janice Liu  
Very easy to understand and help you to memorize.

Contemporary Nutrition is designed for students with little or no background in college-level biology, chemistry or physiology. It provides the ideal balance of reliable nutrition information and practical consumer-oriented knowledge. With a friendly writing style, the authors act as the student's personal guide to dispelling common misconceptions and to gaining a solid foundation for making informed nutrition choices. Contemporary Nutrition emphasizes that a population consists of individuals with varying genetic and cultural backgrounds, and these individuals will have varying responses to diet. The knowledge gained from this text will allow students to personalize nutrition information and make smart choices.

About the Author Gordon M. Wardlaw, Ph.D., has taught introductory nutrition courses to students in the Department of Human Nutrition at The Ohio State University, and at other colleges and universities. Dr. Wardlaw is the author of many articles that have appeared in prominent nutrition, biology, physiology, and biochemistry journals and was the 1985 recipient of the American Dietetic Association's Mary P. Huddleson Award. Dr. Wardlaw is a member of the American Society for Nutritional Sciences and is certified as a Specialist in Human Nutrition by the American Board of Nutrition. Dr. Wardlaw is currently retired from academia. ANNE M. SMITH, Ph.D., R.D., L.D., is an associate professor at The Ohio State University. She was the recipient of the 1995 Outstanding Teacher Award from the College of Human Ecology, the 2008 Outstanding Dietetic Educator Award from the Ohio Dietetic Association, the 2006 Outstanding Faculty Member Award from the Department of Human Nutrition, and the 2011 Distinguished Service Award from the College of Education and Human Ecology for her commitment to undergraduate education in nutrition. Dr. Smith's research in the area of vitamin and mineral metabolism has appeared in prominent nutrition journals, and she was awarded the 1996 Research Award from the Ohio Agricultural Research and Development Center. She is a member of the American Society for Nutrition and the Academy of Nutrition and Dietetics.