



# Wardlaw's Contemporary Nutrition

*Gordon M. Wardlaw , Anne Smith , Angela Collene*

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Contemporary Nutrition" is a complete and balanced resource for nutrition information written at a level non-science majors can understand. Current research is at the core of the tenth edition, with revised statistics, incorporation of new results of clinical trials, and updated recommendations. The text provides students who lack a strong science background the ideal balance of reliable nutrition information and practical consumer-oriented knowledge. Always looking to make the content relevant to learners, the authors highlight health conditions, medications, food products, and supplements students or members of their families may be using. With their 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.

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