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iHealth is an integrated print-digital learning system designed to meet the needs of today's students and instructors. The Connect course includes a SmartBook adaptive reading and study experience which guides students to master, recall, and apply key concepts while providing automatically-graded assessments. The 3rd edition provides the most up-to-date information regarding the Dietary Guidelines for Americans and the Affordable Care Act. Also provided are updated assignable articles from magazines and journals to supplement the print component, which are now easier than ever for instructors to assign and grade.

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