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*Janice J. Thompson, Melinda Manore*

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**Nutrition for Life** capitalizes on your natural interest in nutrition by demonstrating how it relates directly to your health and daily life. A unique aspect of the text is 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 micronutrient's importance.

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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