

NUTRITION FUNDAMENTALS AND MEDICAL NUTRITION THERAPY

FOURTH EDITION



Editor-in-Chief Deborah Eck, MA, RDN



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Nutrition Fundamentals 2025 Edition

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prove daunting for introductory nutrition instructors to present their students with the latest scientific content. *Nutrition* presents the latest nutrition research in an accessible format supplemented by a behavior change approach that encourages active student engagement.

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