



Nutrition Now

By Judith E. Brown

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NUTRITION NOW introduces non-major students to the science of nutrition while engaging them through active learning exercises and applied, real-world examples. This text's unique modular format (33 units) helps students focus on critical content by organizing the material into smaller sections and provides instructors the flexibility to choose which units to cover and modify the order to meet course goals and objectives. This evidence-based text uses a direct, student-friendly writing style that makes content approachable, but not oversimplified. The emphasis on active learning and critical thinking allows instructors to design an interactive environment regardless of class size or format (in classroom or online). NUTRITION NOW offers a flexible option to meet your course needs that will get your students excited about the science of nutrition. Available with InfoTrac Student Collections <http://goengage.com/infotrac>.

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Editorial Review

About the Author

Judith E. Brown is a nutrition researcher, writer and speaker who provides consultation services to the food and pharmaceutical industries, and government health programs. As a Professor Emeritus of the Division of Epidemiology and the Department of Obstetrics and Gynecology, University of Minnesota, she successfully obtained and completed large, competitively funded research grants related to nutrition and health. Her areas of expertise include scientific advising on new product development, advising on product evaluation studies, public speaking to professional groups, consumer-oriented publications on topics specific to health and nutrition, and expert opinion papers on safety and efficacy of nutrients, nutraceuticals, and fortified products. Dr. Brown has more than 30 years of instructional experience in the field of nutrition. She has also been involved with writing for several years and has written more than one hundred research articles for publications. She is the author of *NUTRITION THROUGH THE LIFE CYCLE, THIRD EDITION* (Wadsworth, 2008). An avid researcher and an exceptional writer and teacher, Judy Brown is one of the most influential and respected authors in the field.

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