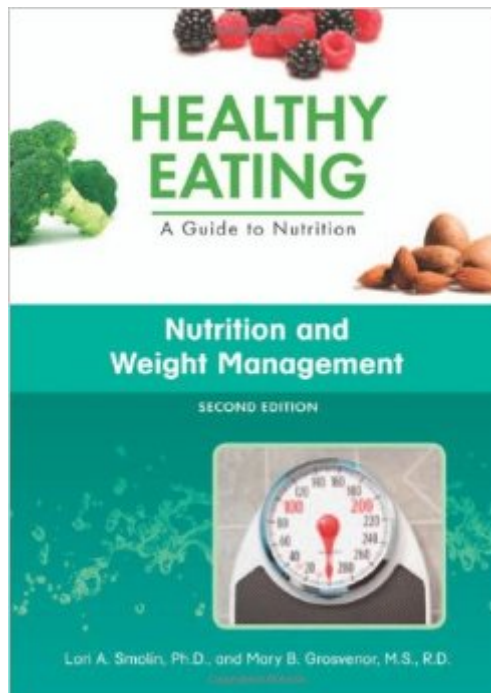


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# Nutrition And Weight Management (Healthy Eating: A Guide To Nutrition)



## Synopsis

The obesity epidemic in the United States and abroad is growing, and weight has become a rising concern in today's society. *Nutrition and Weight Management, Second Edition* discusses the concept of weight management as well as the role that social, cultural, and genetic factors play in determining weight and body size. Coverage includes the importance of a nutritious diet and what constitutes healthy eating, the physical and psychological effects of being overweight and underweight, and the pros and cons of various diets.

## Book Information

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