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Health practitioners and body workers need a firm understanding of the significance of fascia in human performance. The role nutrition plays in fascial health, how injuries and diseases influence fascia, and the rehabilitative techniques to restore functional capacity of the affected tissue are essential components of improving performance. This book starts with a basic overview of fascia and its biological underpinnings, and progresses through clinical treatment applications, nutritional and pharmacological support information, and techniques for managing fascial conditions and injuries.

FEATURES

- Reference format utilizes tables, charts, and graphs to access concepts quickly
- Full-color photos and illustrations enhance presented techniques
- Case studies emphasize the real-world results that have been achieved using the cutting-edge techniques provided
- Extensive bibliography provides more resources to further strengthen your knowledge of this critical subject area

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UNIQUE CONSIDERATIONS OF THE FEMALE ATHLETE

Michael Brunet, PhD, MEd, BS

Research shows that women athletes perform better when their unique considerations and differences are addressed in training and rehabilitation. Unique Considerations of the Female Athlete is written to help improve performance in women athletes and improve the safety and well-being of women participating in sporting events. Specifically, this book presents the strategies for identifying risk factors, preventing injury, and rehabilitating problems or injuries.

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• Recognition of anatomical differences predisposing women to specific injuries
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© 2009, 368pp, Paperback, 9781401897819
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ATHLETIC TRAINING

ATHLETIC TRAINING CLINICAL EDUCATION GUIDE
Tim Laurent

Master clinical competencies with this unique resource. Athletic Training Clinical Education Guide provides tools to be used throughout training to test knowledge, review, and hone hands on skills. Correlated to the Fourth Edition of the Athletic Training Educational Competencies, Athletic Training Clinical Education Guide provides a structured format for goal setting, reflection, skills verification, and journaling. Critical concepts are highlighted and guided questions are used to launch discussions and apply critical thinking skills allowing the user to apply knowledge in real world situations.

FEATURES
- Checklists for athletic training skills.
- Quick reference material to be accessed during clinical experiences.
- Assessment frameworks to track progress.
- Activities and questions to encourage analysis and problem solving.
Health practitioners and body workers need a firm understanding of the significance of fascia in human performance. The role nutrition plays in fascial health, how injuries and diseases influence fascia, and the rehabilitative techniques to restore functional capacity of the affected tissue are essential components of improving performance. This book starts with a basic overview of fascia and its biological underpinnings, and progresses through clinical treatment applications, nutritional and pharmacological support information, and techniques for managing fascial conditions and injuries.

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Clinical Applications for Health and Human Performance

*Dr. Mark Lindsay*

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© 2009, 320pp, Paperback, 9781418055691
LOWER EXTREMITY INJURY EVALUATION CDROM AND LAB MANUAL  
Dr. Douglas Mann, Rowan University; Colleen A. Grugan, Rowan University  

The LOWER EXTREMITY INJURY EVALUATION CD-ROM and Lab Manual package is designed to reinforce clinical injury evaluation skills beyond the classroom. Proper injury evaluation requires extensive knowledge and hands-on experience; this interactive CD-ROM provides the student with compelling video of lower extremity evaluation techniques that can be viewed and re-viewed outside of the classroom. Students can begin by performing a self-assessment of their knowledge, sharpen their skills by viewing video clips of injury evaluation techniques, and finish by taking a post-test, and printing out their results.  

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RESISTANCE TRAINING FOR SPECIAL POPULATIONS  
Ann Marie Swank, Exercise Physiology Laboratory, University of Louisville  

RESISTANCE TRAINING FOR SPECIAL POPULATIONS provides strategies designed to increase muscle strength, power and endurance for individuals with chronic disease. Individual chapters are developed by recognized experts for each chronic condition, and detail the muscular fitness training required to enhance exercise outcomes and quality of life. RESISTANCE TRAINING FOR SPECIAL POPULATIONS focuses on strategies related to the frail elderly, osteoporosis, congestive heart failure, obese adults and children, diabetes, cardiovascular disease, pulmonary disease, asthma, cancer, arthritis, low back pain, hypertension and stroke. RESISTANCE TRAINING FOR SPECIAL POPULATIONS follows a consistent conceptual framework and outlines the physiological rationale for strength testing and training. Each chapter presents an overview of the etiology of the particular chronic disease and impact on public health and society, presents resources and evidence-based research, and provides sample exercise programs in a practical, “how to” format. Independence is a critical factor contributing to quality of life for individuals with chronic disease.
FEATURES

• Case studies specific for resistance training.
• Evidence based exercise prescriptions and programs.
• Thorough and up to date literature review of exercise for given population authored by experts.
• Exercise screening, evaluation and programming are specific for the given population.
• 24 week template program.

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© 2010, 384pp, Paperback, 9781418032180
Research shows that women athletes perform better when their unique considerations and differences are addressed in training and rehabilitation. Unique Considerations of the Female Athlete is written to help improve performance in women athletes and improve the safety and well-being of women participating in sporting events. Specifically, this book presents the strategies for identifying risk factors, preventing injury, and rehabilitating problems or injuries.

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© 2009, 368pp, Paperback, 9781401897819
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**PHYSICAL EDUCATION**

**INTRODUCTION TO PHYSICAL EDUCATION AND SPORT SCIENCE**

*Robert C France, CSMT, RSMT*

This Introduction to Physical Education text represents the only comprehensive survey of topics for majors or non-majors. Within you will find a number of important topics relevant to modern sports medicine, including adaptive physical education, nutrition, injury care, challenges and benefits of coaching, administration and management of sport and physical education, and even opportunities in the field. Specific coverage of timely subjects includes Title IX, gender issues and steroid use.

**FEATURES**

- Real-World Case Studies help learners apply what they learn in practice.
- Review Questions assess learners’ comprehension of the chapter material.
- Projects and Activities provide hands-on assignments to emphasize key concepts
- Website Resources encourage learners to further research related chapter topics.

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© 2009, 416pp, Hardback, 9781418055295
INTRODUCTION TO SPORTS MEDICINE AND ATHLETIC TRAINING, 2E
Robert C France, CSMT, RSMT

INTRODUCTION TO SPORTS MEDICINE & ATHLETIC TRAINING 2E is designed for individuals interested in athletics and the medical needs of athletes. It is the first full-concept book around which an entire course can be created. This book covers sports medicine, athletic training and anatomy and physiology in an easy to understand format that allows the reader to grasp functional concepts of the human body and then apply this knowledge to sports medicine and athletic training. Comprehensive chapters on nutrition, sports psychology, kinesiology and therapeutic modalities are included. Instructors will appreciate both the depth of the material covered in this unique book and the ease in which it is presented.

NEW TO THIS EDITION
- Includes the newest, cutting-edge facts and advances in Sports Medicine and Athletic Training.
- Ancillary materials, including seven newly developed 3-D animations visually present AC sprain and rotator cuff injury, ACL sprain, inversion sprain, hamstring strain, taping of the ankle and Achilles tendon, and head injuries with a focus on concussions.
- StudyWARE™ CD-ROM provides interactive practice through quizzes and activities.
- The Online Companion includes 3-D animations and slides created in PowerPoint®

FEATURES
- Follows the six domains of athletic training: prevention; recognition; evaluation and assessment; immediate care; treatment; rehabilitation and reconditioning; organization and administration; and professional development and responsibility.
- Contains a more thorough depth and coverage of anatomy and physiology.
- Offers discussion and insight into a wide range of careers related to Sports Medicine.
- Instructor Resources CD-ROM with an Instructor’s Manual, Instructor Slides created with PowerPoint® that include full-color images and 3-D animations, and an ExamView® Computerized Testbank.

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© 2011, 720pp, Hardback, 9781435464360
The LOWER EXTREMITY INJURY EVALUATION CD-ROM and Lab Manual package is designed to reinforce clinical injury evaluation skills beyond the classroom. Proper injury evaluation requires extensive knowledge and hands-on experience; this interactive CD-ROM provides the student with compelling video of lower extremity evaluation techniques that can be viewed and re-viewed outside of the classroom. Students can begin by performing a self-assessment of their knowledge, sharpen their skills by viewing video clips of injury evaluation techniques, and finish by taking a post-test, and printing out their results.

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Sports Medicine Essentials: Core Concepts in Athletic Training, Second Edition introduces students to potential careers in the Sports Medicine field, from Fitness Instructor to Athletic Trainer. This comprehensive text surveys a broad scope of knowledge related to the Sports Medicine field, encompassing fitness assessment, conditioning, emergency preparedness, injury management, therapeutic modalities, nutrition, ethical and legal considerations and much more. To help introduce students to an array of exciting careers, it features enrichment activities that include researching the cost of sports medicine supplies, demonstrate taping techniques, and the forming of a safety committee to devise a plan to minimize risk to a team, athletes or clients. This complete resource is a fantastic introduction for any program.

**FEATURES**

- Incorporates anatomy and physiology
- Highlights NATA-related information
- Features illustrated, step-by-step procedures
- Explains the legal responsibilities associated with athletic training and fitness instruction
- Details the academic requirements and professional
certifications that are needed to enter the field

CONTENTS

Chapter 1: Introduction
Chapter 2: Athletic Training
Chapter 3: Fitness Instruction
Chapter 4: Basic Nutrition and Weight Management
Chapter 5: Infection Control
Chapter 6: Vital Signs Assessment
Chapter 7: First Aid Kits
Chapter 8: Emergency Preparedness and Assessment
Chapter 9: Basic Life Support
Chapter 10: Injuries to the Tissues
Chapter 11: Injuries to the Head and Spine
Chapter 12: Injuries to the Shoulder and Upper Extremities
Chapter 13: Injuries to the Chest and Abdomen
Chapter 14: Injuries to the Pelvis and Lower Extremities
Chapter 15: Environmental and Medical Conditions
Chapter 16: Taping, Wrapping, and Bracing
Chapter 17: Return to Play
Chapter 18: Physical Fitness Assessment
Chapter 19: Strengthening and Conditioning
Chapter 20: Developing an Individual Training Program
Chapter 21: Therapeutic Modalities
Chapter 22: Rehabilitation
Chapter 23: Ethical and Legal Considerations
Chapter 24: The Selling Point: Promoting Fitness Products
Chapter 25: Professional Planning

© 2008, 736pp, Hardback, 9781401861858

UPPER EXTREMITY INJURY EVALUATION CDROM AND LAB MANUAL

Dr. Douglas Mann, Rowan University; Colleen A. Grugan, Rowan University

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FAMILY AND CONSUMER SCIENCE

FOOD PREPARATION & FOOD SCIENCE

LAB MANUAL FOR UNDERSTANDING FOOD, 4E
Janelle M. Walter; Karen Beathard

A Recipe for Success in Your Course! Use the lab manual as a valuable tool to help you apply what you learn. It includes recipes and experiments appropriate for a food principles and food preparation course.

© 2011, 336pp, Paperback, 9780538497954

NICE OR NASTY
Food Choice, Food Law and Health in South East Asia
John Candlish, University of Malaysia Sarawak; Tan Chee Hong, National University of Singapore

<i>Nice or Nasty</i> is an entertaining and informative book with a readable approach to a topic that is extremely important to all societies, namely food choice, in relation to its regulation by law, custom and beliefs, and its health and disease aspects. The focus is on South East Asia with its half a billion people and diverse food choice. Written by two experts with many years of experience in teaching and research in biomedicine, this book represents a synthesis of the seemingly diverse areas of nutrition, biomedicine, law and geography. The authors write in clear and precise language and explain scientific concepts in simple terms.

FEATURES

• INTEGRATIVE APPROACH: The separate threads of food, nutrition science, food law and geography are treated conjunctively.
• SOUTH EAST ASIAN ORIENTATION: Treatment is focussed on the diverse peoples of South East Asia.
• RISK ANALYSIS: The dangers of adverse food choice and their sequelae are analysed.
• CONTEMPORARY ISSUES: Modern issues such as those germane to genetically modified foods, endangered species and obesity cures are discussed.
• ILLUSTRATIONS: There are copious illustrations of food choice in South East Asia.

CONTENTS

Preface 1. PATTERNS OF FOOD AVOIDANCE AND SELECTION Some Language - Avoidance of specific foods - Selection of specific foods - Some observations. 2. NICE OR NASTY “Unusual” foods and the law - Insect eating - Cats and dogs - Rodents - Scorpions - Snakes - The Durian - Milk - Coconut - Alcohol - Cannibalism - Some comparisons. 3. CHINESE FOOD BELIEFS The Chinese cuisine - Hot and cold theories - Foods as medicines - Language symbolism - The case of raw fish - Aphrodisiac foods - The soya bean - Bird’s nest - White rice - Shark’s fin - Alcohol - Steamboat - Food for the dead - The pace of change. 4. MALAY FOOD BELIEFS Kampung food - Spices and condiments - Hot and cold theories - Food and pregnancy - Jamu - Ulam. 5. FOOD ADVERTISING Types of consumer - Slimming advertisements - Specific slimming products - Legal aspects - Coda. 6. FOOD AND MEDICINE Names and claims - Interaction of health foods with medical cultures - The antioxidant imbroglio - Antidiabetic foods - Antihypertensives - Sports foods - The choice of fats - Some case studies - Summing up. 7. TOXINS IN FOOD Invisible hazards - Food safety legislation in South East Asia - Adulterants - Additives - Pesticides and other contaminating residues - Mycotoxins - Heavy
metals - Overfried and charred meats - Environmental Endocrine Disrupters (EED) - Micro-organisms - Naturally occurring toxicants - Risk assessment - The toxic tort - International law and food toxins - Round-up.

8. GENETICALLY MODIFIED FOODS IN SOUTH EAST ASIA Emerging issues - The problem of labels - Gleanings from the wider world - International efforts - Risk assessment. 9. TRENDS Biological archetypes - After affluence - Natural and organic food - Street foods - The concept of healthy eating - Scientific uncertainty and the unease of the public - Summing up. Index

© 2003, 222pp, 9789812433886

UNDERSTANDING FOOD, 4E
Principles and Preparation, International Edition
Amy Christine Brown, University of Hawaii, Manoa

UNDERSTANDING FOOD: PRINCIPLES AND PREPARATION, 4E, International Edition is a best-selling food fundamentals text ideal for an undergraduate course that covers the basic elements of food preparation, food service, and food science. It is contemporary and comprehensive in coverage and introduces students to the variety of aspects associated with food preparation. UNDERSTANDING FOOD: PRINCIPLES AND PREPARATION, 4E, International Edition thoroughly explores the science of food through core material on food selection and evaluation, food safety, and food chemistry. The various aspects of food service are covered: meal planning, basic food preparation, equipment, food preservation, and government regulations. The final sections of the text cover food preparation, classification, composition, selection, purchasing, and storage information for a range of traditional food items. A rich illustration and photo program and unique pedagogical features make the information easily understandable and interesting to students.

NEW TO THIS EDITION
- Calorie Control feature* explores the energy value of foods and emphasizes portion control—a topic of great interest to students both as individuals and as future food service professionals catering to weight-conscious clientele.
- Chapter 2: Food Evaluation* responds to reviewers’ requests to create a separate chapter on this topic. Instructors can choose to include this topic as part of the basic food course or as a part of an advanced food course.
- Chapter 4: Food Safety reorganized* to provide an applied approach to food safety. The content is revised to teach students practical tips on preventing food-borne illness that follow food flow—purchasing, storage, preparation, cooking, holding, cooling, reheating, and sanitation. In addition, the content is enhanced with new figures.
- Expanded coverage of functional foods, specialized food products (e.g., gluten-free foods), and food industry innovations related to ingredients and processing.
- Thoroughly updated to include the latest research, examples, and techniques related to food principles.

FEATURES
- This text uniquely integrates nutrition, dietetics, food industry, and food service topics, giving students a full overview of the different dimensions of food principles. The food-specific chapters are organized to follow a typical syllabus centered on the major food groups.
- Chapter 29: Food Careers showcases the variety of career options students have in the food industry. Highlights include careers associated with food service management, food science, and nutrition.
- “Professional Profiles” sections also introduce students to careers in the food and nutrition fields. These profiles include interviews from real people in the field, sharing their work experiences.
- “Nutrient Content” sections supply specific data on the nutritional content of different foods.
- “Problems and Their Causes” tables identify common food preparation errors and explain how to avoid them.

CONTENTS

PART I: FOOD SCIENCE AND NUTRITION. 1. Food
Dianne Hales invites students to build their future of healthy living by evaluating their current lifestyles and making healthy changes. Delivering the most current coverage available, this engaging, student-oriented text integrates health concepts--body, mind, and spirit--with a wealth of applications for students' lives. The Eighth Edition provides building blocks like the new “Health in Action” activities and “Build Your Future” checklists to help students have a healthy, happy, fulfilling future.

The new chapter on social health addresses important online issues and concerns of students. More than a text, AN INVITATION TO HEALTH: BUILD YOUR FUTURE, 8E, Brief International Edition is a resource for lifelong learning and skills.

NEW TO THIS EDITION

- NEW! Chapter 4, Your Social Health, includes material on communicating, friendships, intimate relationships, marriage, and families. Also covered are issues related to social networking, including self-disclosure and privacy, online dating, and cyberbullying.
- NEW! The “How Do You Compare?” interactive feature encourages students to compare their own attitudes and behaviors with those of students across the country.
- NEW! “Health in Action,” a practical learn-it and live-it activity, applies lessons from each chapter on such subjects as assessing a relationship, kicking a tobacco habit, or infection protection.
- NEW! “Build Your Future” end-of-chapter checklists enable students to assess their current status and work toward a healthier future.
- NEW! The newest research throughout, with the latest statistics on undergraduate behavior and attitudes, new campus health risks including hookah smoking, the combination of binge drinking and disordered drinking, and the latest designer drugs and their effects.

FEATURES

- Dianne Hales is a leading textbook author and prolific health journalist whose immersion in current health issues is reflected throughout the text. With her unique understanding of today’s college students, Hales focuses on topics and issues that are important and relevant to your students.
- Providing up-to-date coverage, Hales emphasizes behavior change in a student-friendly style and practical, action-oriented approach.
- The text offers a wealth of tips and strategies for making positive life changes. Hallmark features include “Your Strategies for Change” and “Your Strategies for Prevention,” “Health on a Budget,” and “Consumer Alert.”
- Fully integrated online teaching and learning resources include health surveys, an interactive behavior change planner, videos, and more.
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© 2014, 560pp, Paperback, 9781133958277

AN INVITATION TO HEALTH, INTERNATIONAL EDITION, 15E
Dianne Hales

In this new edition of the market-leading personal health text, Dianne Hales invites your students to build their future of healthy living by applying the concepts to evaluate their current lifestyle and make healthy changes. Delivering the most current and thorough coverage available, AN INVITATION TO HEALTH, 15E, International Edition integrates a comprehensive presentation of health concepts—body, mind, and spirit—with a wealth of applications for the students' lives, including “Your Strategies for Change,” “Your Strategies for Prevention” and “Making Change Happen.” New to this edition is a feature called “Health in Action,” which provides a brief list of Do's and Don'ts for specific behaviors. Recognizing the impact of the current economic environment, “Health on a Budget” demonstrates practical ways that students can achieve their goals by drawing on internal resources. The most student-oriented text on the market, AN INVITATION TO HEALTH, 15E, International Edition is packed with relevant examples, colorful photos, figures, and new research and statistics presented in an engaging way. This complete textbook program provides an outstanding set of resources for both students and instructors to accomplish key goals of the course and reinforce learning. Choose AN INVITATION TO HEALTH, 15E, International Edition for your course and motivate your students to change.

NEW TO THIS EDITION

• NEW! “Health in Action” gives students a brief list of Do's and Don'ts for healthy behavior. Examples include “Count Your Blessings,” “Assessing a Relationship,” and “Analyzing Your Diet”.
• NEW! “Health in the Headlines” provides links to articles in Global Health Watch reporting on a variety of hot topics—for example, “Depression Update,” “Relationships in the 21st Century,” and “The Impact of Obesity”.
• NEW! The latest research and coverage has been added to this new edition, including new information on consumer health and expanded coverage of positive psychology.
• NEW! Personal choice: An important component of changing for lifelong healthy living is personal choice. Two new features encourage students to self-assess for healthy change. “How Do You Compare” encourages students to compare their attitudes and behaviors to those of other students. “Build Your Future” provides a checklist of change behaviors based on the topic of each chapter.

FEATURES

• Comprehensive coverage: Designed for an introductory-level personal health course, AN INVITATION TO HEALTH: BUILD YOUR FUTURE, is known for its emphasis on behavior change, up-to-date coverage, student-friendly style, and practical, action-oriented approach. It covers a wide range of health topics, from fitness and nutrition to disease prevention, stress management, and development of healthy relationships.
• Build Your Future: The theme of this edition is that the choices students make now impact their health in the future.
• Positive change: The cornerstone of this text, behavior change is an increasingly emphasized theme that reflects the need for improving health behaviors and making healthy changes.
• Strategies for change: The text offers a wealth of
tips and strategies for making positive life changes. In addition to the “Your Strategies for Change/Your Strategies for Prevention” boxes, Learn It/Live It, Your Health Action Plan and “Self-Surveys,” there are links to the new companion book INVITATION TO PERSONAL CHANGE, which offers ways to implement change in a variety of areas.

• Online tools: This text is fully integrated with online teaching and learning resources that include INVITATION TO PERSONAL CHANGE labs, interactive behavior change planner, videos, and more.
• Dianne Hales is a successful textbook author and prolific health journalist whose immersion in current health issues is reflected throughout the text. With her unique understanding of today’s college students, Hales focuses on topics and issues that are important and relevant to your students.

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AN INVITATION TO PERSONAL CHANGE
Dianne Hales; Kenneth W. Christian

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• Part I, “Invitation to Personal Change”, is broken into two sections: three chapters dedicated to “The New Science of Personal Change” and nine chapters dedicated to “The Power Tools of Personal Change”. The first section presents the fundamentals of personal change, including the latest insights from neuroscience, the stages of change, and basic principles of behavioral change. The “Power Tools” section provides assessments, inventories, goal-setting, and journaling exercises.
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• “Class Activity” exercises allow students to share their ideas, look to each other for additional support, and work on making individual changes within the context of a positive and supportive classroom community.
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Part 3, “Journal for Invitation to Personal Change”, allows students to reflect and evaluate past, present, and future behaviors, and gain insight into their feelings. The “Journal” is a resource linked to the labs and makes it easy for students to track their progress through the stages of change.

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• NEW: Updated throughout to include new information from the latest research studies on physical activity and healthy lifestyle habits.
• NEW: Data on the escalating obesity epidemic and its causes in the United States has been updated in Chapter 6, “Weight Management.” The discussion on the controversial issue of the role of exercise for weight loss and proper weight management, in particular light-intensity versus vigorous-intensity exercise, has been updated.
• NEW: Updated fitness coverage includes advances in resistance-training principles, modes and strategies of stretching, high-intensive interval training (HIIT), and more.
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• Behavior modification is a hallmark of the Hoegers’ fitness and wellness series—and an integral theme of FITNESS AND WELLNESS. It is introduced early, then related to other topics throughout the text with Behavior Modification Planning boxes that give practical tips on how to effectively transition from current habits to the desired health behaviors.

• Inspiring “Real Life Stories” in each chapter use first person narratives to describe how students have made positive health changes in their own lives, including the challenges they faced and the strategies they used to overcome them.

• A unique Chapter 9, “Relevant Questions and Answers About Fitness and Wellness,” uses a question-and-answer format to address timely issues and common misconceptions related to physical fitness and wellness.

• “Assess Your Knowledge” multiple-choice review questions at the end of each chapter focus on core concepts and allow students to evaluate what they have learned. Answers are provided at the end of the book.

• “Assess Your Behavior” sections at the end of each chapter assess students’ current behavior as it relates to chapter topics and highlight areas they need to change to improve their fitness and wellness.

• “Frequently Asked Questions” address common issues, beliefs, and concerns most often expressed by students and connect the answers to the chapter concepts.

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JOURNAL FOR HALLES/CHRISTIAN’S AN INVITATION TO PERSONAL CHANGE

Dianne Hales

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FEATURES

• Part I, “Invitation to Personal Change” presents the fundamentals of personal change, including the latest insights from neuroscience, the stages of change, and basic principles of behavioral change. The “Power Tools” section provides assessments, inventories, goal-setting, and journaling exercises.

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LABS FOR HALE/HARRISON’S AN INVITATION TO PERSONAL CHANGE

Dianne Hales; Kenneth W. Harrison

LABS FOR AN INVITATION TO PERSONAL CHANGE guide you through the process of making behavioral changes. There are 25 labs available on such diverse topics as dietary changes, smoking cessation, stress management, weight loss, and overcoming procrastination.

FEATURES

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© 2009, 192pp, Paperback, 9780495557098

NICE OR NASTY
Food Choice, Food Law and Health in South East Asia
John Candlish, University of Malaysia Sarawak; Tan Chee Hong, National University of Singapore

“Nice or Nasty” is an entertaining and informative book with a readable approach to a topic that is extremely important to all societies, namely food choice, in relation to its regulation by law, custom and beliefs, and its health and disease aspects. The focus is on South East Asia with its half a billion people and diverse food choice. Written by two experts with many years of experience in teaching and research in biomedicine, this book represents a synthesis of the seemingly diverse areas of nutrition, biomedicine, law and geography. The authors write in clear and precise language and explain scientific concepts in simple terms.

FEATURES
• INTEGRATIVE APPROACH: The separate threads of food, nutrition science, food law and geography are treated conjunctively.
• SOUTH EAST ASIAN ORIENTATION: Treatment is focussed on the diverse peoples of South East Asia.
• RISK ANALYSIS: The dangers of adverse food choice and their sequelae are analysed.
• CONTEMPORARY ISSUES: Modern issues such as those germane to genetically modified foods, endangered species and obesity cures are discussed.
• ILLUSTRATIONS: There are copious illustrations of food choice in South East Asia.

CONTENTS
Preface 1. PATTERNS OF FOOD AVOIDANCE AND SELECTION Some Language - Avoidance of specific foods - Selection of specific foods - Some observations. 2. NICE OR NASTY “Unusual” foods and the law - Insect eating - Cats and dogs - Rodents - Scorpions - Snakes - The Durian - Milk - Coconut - Alcohol - Cannibalism - Some comparisons. 3. CHINESE FOOD BELIEFS The Chinese cuisine - Hot and cold theories - Foods as medicines - Language symbolism - The case of raw fish - Aphrodisiac foods - The soya bean - Bird”s nest - White rice - Shark"s fin - Alcohol - Steamboat - Food for the dead - The pace of change. 4. MALAY FOOD BELIEFS Kampung food - Spices and condiments - Hot and cold theories - Food and pregnancy - Jamu - Ulam. 5. FOOD ADVERTISING Types of consumer - Slimming advertisements - Specific slimming products - Legal aspects - Coda. 6. FOOD AND MEDICINE Names and claims - Interaction of health foods with medical cultures - The antioxidant imbroglio - Antidiabetic foods - Antihypertensives - Sports foods - The choice of fats - Some case studies - Summing up. 7. TOXINS IN FOOD Invisible hazards - Food safety legislation in South East Asia - Adulterants - Additives - Pesticides and other contaminating residues - Mycotoxins - Heavy metals - Overfried and charred meats - Environmental Endocrine Disrupters (EED) - Micro-organisms - Naturally occurring toxicants - Risk assessment - The toxic tort - International law and food toxins - Round-up. 8. GENETICALLY MODIFIED FOODS IN SOUTH EAST ASIA Emerging issues - The problem of labels - Gleanings from the wider world - International efforts - Risk assessment. 9. TRENDS Biological archetypes - After affluence - Natural and organic food - Street foods - The
Help your students discover and achieve their personal fitness and wellness goals with Hoeger/Hoeger’s PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 12E, International Edition. Its personalized approach emphasizes behavior change and provides your students with current, practical information and tips to incorporate in their daily lives. PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 12E, International Edition offers a variety of resources for students to turn active learning into active living, including new “MyProfile” boxes, “Behavior Modification Planning” boxes, exercise videos, online labs, and more. Encourage students to use these resources to achieve and maintain their personal health and wellness goals!

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• NEW! Updated statistics and coverage appear throughout, including current information from the new U. S. National Physical Activity Plan, National Health Objectives for 2020, the new MyPlate nutritional guidelines and the 2010 Dietary Guidelines for Americans, and more.
• NEW! MyProfile box at the beginning of each chapter engages students by asking five questions about the knowledge they already have about the chapter content.
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• NEW! Profile Plus helps students track and achieve behavior change in their lives.

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• Behavior modification is an integral theme of the Hoegers’ fitness and wellness series. It is introduced early, then related to other topics throughout the text with Behavior Modification Planning boxes that give practical tips on how to effectively transition from current habits to the desired health behaviors.
• Inspiring “Real Life Stories” in each chapter use first person narratives to describe how students have made positive health changes in their own lives, including the challenges they faced and the strategies they used to overcome them.
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• “Critical Thinking” questions are integrated throughout the text to stimulate critical thinking as students learn and work through the contents of each chapter.

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PROFILE PLUS FOR HEALTH
Wadsworth

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STUDENT COURSE GUIDE FOR JOURNEY TO HEALTH FOR HALES’ AN INVITATION TO HEALTH, 15E
Dianne Hales

To accompany the “Journey to Health” telecourse produced by DALLAS TeleLearning of the LeCroy Center for Educational Telecommunications. The JOURNEY TO
HEALTH course explores health in its broadest sense. Students are encouraged to use critical thinking and problem solving skills to develop their own healthy lifestyle using the most current information in the health and wellness field. The telecourse components consist of 26 half-hour video programs, the Hales AN INVIATION TO HEALTH text, the student telecourse guide, a faculty manual, and text-specific teaching and learning tools, including testing.

© 2013, 256pp, Paperback, 9781111990329

AN INVITATION TO PERSONAL CHANGE
Dianne Hales; Kenneth W. Christian

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www.cengageasia.com
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Up-to-date and student-oriented, DRUGS ACROSS THE SPECTRUM, 7E, International Edition encourages students to examine the motivation for drug use, social implications of drug use, legal ramifications, and factors affecting how drugs interact with the human body. It provides a look at the history and culture surrounding drug use and abuse, key information regarding specific types of drugs, and a review of drug treatment, education, and prevention approaches and programs. Utilizing active learning features like “Fact or Fiction” and “Thinking Critically” questions, Goldberg engages and educates students about the topics and issues related to drugs in society.

NEW TO THIS EDITION

- NEW! Updated with the latest information on prescription drug use and abuse, designer drugs, FDA regulations of cigarette labels, the results from the latest “Monitoring the Future” study, widespread use of energy drinks, and other current topics.
- NEW! “Cultural Considerations” boxes in each chapter call attention to variations in substance use and abuse between different socioeconomic and ethnic groups and between the U.S. and other nations.
- NEW! Chapter 10 on psychotherapeutic drugs has been substantially revised with new updates on depression rates among young people, newer psychiatric drugs such as Lexapro and atypical SNRIs such as Effexor.
- NEW! Cengage Learning’s Health CourseMate brings course concepts to life with interactive learning, study, and exam preparation tools that support DRUGS ACROSS THE SPECTRUM, 7E, International Edition.
FITNESS AND WELLNESS, INTERNATIONAL EDITION, 10E
Werner W.K. Hoeger, Boise State University; Sharon A. Hoeger

Hoeger and Hoeger’s FITNESS AND WELLNESS, 10E, International Edition encourages students to start their path to fitness and wellness by providing cutting-edge coverage of core concepts, real life student case studies, and action steps to help students develop their own personal lifetime fitness and wellness program. This brief nine-chapter text offers balanced coverage that concentrates on health-related physical fitness components with beneficial information about wellness. It also focuses on motivation and behavior modification with an emphasis on teaching individuals how to take control of their personal fitness, health, and lifestyle habits. In addition, FITNESS AND WELLNESS, 10E, International Edition is part of an integrated textbook program that extends beyond the text to online resources within WebTutor or CengageNOW that further students’ understanding through personalized learning plans, provide online labs, and allow students to track their behavior change progress.

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• NEW: Updated throughout to include new information from the latest research studies on physical activity and healthy lifestyle habits.
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explains the “how to” of stress management and prevention. Michael Olpin and Margie Hesson offer students more than just a book about stress; they offer students a life-changing experience. This text empowers students to experience personal wellness by understanding and managing stress. The authors encourage students to personalize the information in the text through practical applications and a “toolbox” of stress-reducing resources, including the stress relief audio files and student activities, both found on the CourseMate Website. Well-researched, this text gives stress-related topics a real-life context and helps motivate students to manage stress in a way that accommodates their lifestyle, values and goals.

NEW TO THIS EDITION
• New! Cengage Learning’s Health CourseMate brings course concepts to life with interactive learning, study, and exam preparation tools that support the text, including the audio files for the Stress Relief Relaxation Exercises and the Student Activity Manual. Relaxation Exercises give students a variety of ways to unwind and relax quickly and effectively. The Student Activity Manual encourages critical thinking and honest personal reflection on topics relating to the chapter content.
• New! “Real People, Real Stories” vignettes at the beginning of each chapter, as well as student stories and author anecdotes integrated throughout each chapter, present real-life experiences that help students connect key concepts to their own lives.
• New! Time Tips boxes provide quick suggestions for managing time collected from students.
• New! At the end of each chapter, Online Resource Menus highlight the major resources related to that chapter.
• New! Journal exercises, including writing prompts compiled by author Margie Hesson, give students the opportunity to reflect and put their stress management skills into action.
• New content includes a College Health Assessment, the FIT formula, myths about stress, and expanded content on the effects of the economy and the environment on stress levels.

FEATURES
• Stress Busting Behavior boxes contain quick activities to engage students in applying the chapter content to their own lives.
• Stress Management Lab assignments help students synthesize and apply important concepts from each chapter.
• Updated Research Highlights and Culture Connections, and FYI boxes provide the latest in Stress Management research.

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HEALTH PSYCHOLOGY

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Dianne Hales; Kenneth W. Christian

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 PERSONAL HEALTH & WELLNESS

AN INVITATION TO HEALTH, 8E
Dianne Hales

Dianne Hales invites students to build their future of healthy living by evaluating their current lifestyles and making healthy changes. Delivering the most current coverage available, this engaging, student-oriented text integrates health concepts--body, mind, and spirit--with a wealth of applications for students’ lives. The Eighth Edition provides building blocks like the new “Health
in Action” activities and “Build Your Future” checklists to help students have a healthy, happy, fulfilling future. The new chapter on social health addresses important online issues and concerns of students. More than a text, AN INVITATION TO HEALTH: BUILD YOUR FUTURE, 8E, Brief International Edition is a resource for lifelong learning and skills.

NEW TO THIS EDITION

• NEW! Chapter 4, Your Social Health, includes material on communicating, friendships, intimate relationships, marriage, and families. Also covered are issues related to social networking, including self-disclosure and privacy, online dating, and cyberbullying.
• NEW! The “How Do You Compare?” interactive feature encourages students to compare their own attitudes and behaviors with those of students across the country.
• NEW! “Health in Action,” a practical learn-it and live-it activity, applies lessons from each chapter on such subjects as assessing a relationship, kicking a tobacco habit, or infection protection.
• NEW! “Build Your Future” end-of-chapter checklists enable students to assess their current status and work toward a healthier future.
• NEW! The newest research throughout, with the latest statistics on undergraduate behavior and attitudes, new campus health risks including hookah smoking, the combination of binge drinking and disordered drinking, and the latest designer drugs and their effects.

FEATURES

• Dianne Hales is a leading textbook author and prolific health journalist whose immersion in current health issues is reflected throughout the text. With her unique understanding of today’s college students, Hales focuses on topics and issues that are important and relevant to your students.
• Providing up-to-date coverage, Hales emphasizes behavior change in a student-friendly style and practical, action-oriented approach.
• The text offers a wealth of tips and strategies for making positive life changes. Hallmark features include “Your Strategies for Change” and “Your Strategies for Prevention,” “Health on a Budget,” and “Consumer Alert.”
• Fully integrated online teaching and learning resources include health surveys, an interactive behavior change planner, videos, and more.

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© 2014, 560pp, Paperback, 9781133958277

AN INVITATION TO HEALTH, INTERNATIONAL EDITION, 15E
Dianne Hales

In this new edition of the market-leading personal health text, Dianne Hales invites your students to build their future of healthy living by applying the concepts to evaluate their current lifestyle and make healthy changes. Delivering the most current and thorough coverage available, AN INVITATION TO HEALTH, 15E, International Edition integrates a comprehensive presentation of health concepts--body, mind, and spirit--with a wealth of applications for the students’ lives, including “Your Strategies for Change,” “Your Strategies for Prevention” and “Making Change Happen.” New to this edition is a feature called “Health in Action,” which provides a brief list of Do’s and Don’ts for specific behaviors. Recognizing the impact of the current economic environment, “Health on a Budget” demonstrates practical ways that students can achieve their goals by drawing on internal resources. The most student-oriented text on the market, AN INVITATION TO HEALTH, 15E, International Edition is packed with
relevant examples, colorful photos, figures, and new research and statistics presented in an engaging way. This complete textbook program provides an outstanding set of resources for both students and instructors to accomplish key goals of the course and reinforce learning. Choose AN INVITATION TO HEALTH, 15E, International Edition for your course and motivate your students to change.

NEW TO THIS EDITION

• NEW! “Health in Action” gives students a brief list of Do's and Don’ts for healthy behavior. Examples include “Count Your Blessings,” “Assessing a Relationship,” and “Analyzing Your Diet”.
• NEW! “Health in the Headlines” provides links to articles in Global Health Watch reporting on a variety of hot topics—for example, “Depression Update,” “Relationships in the 21st Century,” and “The Impact of Obesity”.
• NEW! The latest research and coverage has been added to this new edition, including new information on consumer health and expanded coverage of positive psychology.
• NEW! Personal choice: An important component of changing for lifelong healthy living is personal choice. Two new features encourage students to self-assess for healthy change. “How Do You Compare” encourages students to compare their attitudes and behaviors to those of other students. “Build Your Future” provides a checklist of change behaviors based on the topic of each chapter.

FEATURES

• Comprehensive coverage: Designed for an introductory-level personal health course, AN INVITATION TO HEALTH: BUILD YOUR FUTURE, is known for its emphasis on behavior change, up-to-date coverage, student-friendly style, and practical, action-oriented approach. It covers a wide range of health topics, from fitness and nutrition to disease prevention, stress management, and development of healthy relationships.
• Build Your Future: The theme of this edition is that the choices students make now impact their health in the future.
• Positive change: The cornerstone of this text, behavior change is an increasingly emphasized theme that reflects the need for improving health behaviors and making healthy changes.
• Strategies for change: The text offers a wealth of tips and strategies for making positive life changes. In addition to the “Your Strategies for Change/Your Strategies for Prevention” boxes, Learn It/Live It, Your Health Action Plan and “Self-Surveys,” there are links to the new companion book INVITATION TO PERSONAL CHANGE, which offers ways to implement change in a variety of areas.
• Online tools: This text is fully integrated with online teaching and learning resources that include INVITATION TO PERSONAL CHANGE labs, interactive behavior change planner, videos, and more.
• Dianne Hales is a successful textbook author and prolific health journalist whose immersion in current health issues is reflected throughout the text. With her unique understanding of today’s college students, Hales focuses on topics and issues that are important and relevant to your students.

CONTENTS


© 2013, 720pp, Paperback, 97811111990817
AN INVITATION TO PERSONAL CHANGE
Dianne Hales; Kenneth W. Christian

AN INVITATION TO PERSONAL CHANGE is a unique three-part resource that can be used in a wide range of courses, including health and wellness, fitness, nutrition, health psychology, and college success. Unlike any other textbook, supplement, or manual, it not only talks about personal change, but based on decades of psychological research and clinical practice, it also serves as a curriculum for change, inviting students to take appropriate action in simple, compelling straightforward ways. Available in print and electronic form, the three parts are available together or separately.

FEATURES

• Part I, “Invitation to Personal Change”, is broken into two sections: three chapters dedicated to “The New Science of Personal Change” and nine chapters dedicated to “The Power Tools of Personal Change”. The first section presents the fundamentals of personal change, including the latest insights from neuroscience, the stages of change, and basic principles of behavioral change. The “Power Tools” section provides assessments, inventories, goal-setting, and journaling exercises.

• The text’s “Real Change” vignettes use personal narratives to illustrate how students in diverse circumstances -- incoming freshmen, commuters, immigrants, older students, working students -- encounter common dilemmas and use personal change tools to analyze their situations, and make better choices and healthier changes.

• “Class Activity” exercises allow students to share their ideas, look to each other for additional support, and work on making individual changes within the context of a positive and supportive classroom community.

• Part 2, “Labs for Invitation to Personal Change”, includes 25 self-paced, independent labs, each following psychologist James Prochaska’s stages of change. The labs are broken into stages: “Get Real”, “Get Ready”, “Get Going”, and “Lock It In”. Students can use this four-part approach to create personal change maps.

• Part 3, “Journal for Invitation to Personal Change”, allows students to reflect and evaluate past, present, and future behaviors, and gain insight into their feelings. The “Journal” is a resource linked to the labs and makes it easy for students to track their progress through the stages of change.

CONTENTS


© 2009, 160pp, Paperback, 9780495390176
Unique to Cengage Learning, this informative supplement walks students through the process of exploring different health-related careers, offers advice on how to prepare for the transition into the working world, and gives valuable insight into different types of career paths, education requirements, and reasonable salary expectations.

CONTENTS


FITNESS AND WELLNESS, INTERNATIONAL EDITION, 10E
Werner W.K. Hoeger, Boise State University; Sharon A. Hoeger

Hoeger and Hoeger’s FITNESS AND WELLNESS, 10E, International Edition encourages students to start their path to fitness and wellness by providing cutting-edge coverage of core concepts, real life student case studies, and action steps to help students develop their own personal lifetime fitness and wellness program. This brief nine-chapter text offers balanced coverage that concentrates on health-related physical fitness components with beneficial information about wellness. It also focuses on motivation and behavior modification with an emphasis on teaching individuals how to take control of their personal fitness, health, and lifestyle habits. In addition, FITNESS AND WELLNESS, 10E, International Edition is part of an integrated textbook program that extends beyond the text to online resources within WebTutor or CengageNOW that further students’ understanding through personalized learning plans, provide online labs, and allow students to track their behavior change progress.

NEW TO THIS EDITION
• NEW: Updated throughout to include new information from the latest research studies on physical activity and healthy lifestyle habits.
• NEW: Data on the escalating obesity epidemic and its causes in the United States has been updated in Chapter 6, “Weight Management.” The discussion on the controversial issue of the role of exercise for weight loss and proper weight management, in particular light-intensity versus vigorous-intensity exercise, has been updated.
• NEW: Updated fitness coverage includes advances in resistance-training principles, modes and strategies of stretching, high-intensive interval training (HIIT), and more.
FEATURES
• FITNESS AND WELLNESS is a concise option for instructors who want a core text without extensive labs or assessments. In addition to a full ancillary package, the text includes short chapter activities designed to help students complete assessments that focus on achieving personal health and wellness goals.
• Behavior modification is a hallmark of the Hoegers’ fitness and wellness series—and an integral theme of FITNESS AND WELLNESS. It is introduced early, then related to other topics throughout the text with Behavior Modification Planning boxes that give practical tips on how to effectively transition from current habits to the desired health behaviors.
• Inspiring “Real Life Stories” in each chapter use first person narratives to describe how students have made positive health changes in their own lives, including the challenges they faced and the strategies they used to overcome them.
• A unique Chapter 9, “Relevant Questions and Answers About Fitness and Wellness,” uses a question-and-answer format to address timely issues and common misconceptions related to physical fitness and wellness.
• “Assess Your Knowledge” multiple-choice review questions at the end of each chapter focus on core concepts and allow students to evaluate what they have learned. Answers are provided at the end of the book.
• “Assess Your Behavior” sections at the end of each chapter assess students’ current behavior as it relates to chapter topics and highlight areas they need to change to improve their fitness and wellness.
• “Frequently Asked Questions” address common issues, beliefs, and concerns most often expressed by students and connect the answers to the chapter concepts.

CONTENTS

© 2013, 336pp, Paperback, 9781111990008

HLTH (WITH COURSEMA T PRINTED ACCESS CARD)
Jeffrey S. Nevid, St. John’s University of New York; Spencer A. Rathus, New York University, School of Continuing and Professional Studies

Created through a “student-tested, faculty-approved” review process with over 100 students and faculty, HLTH is an engaging and accessible solution to accommodate the diverse lifestyles of today’s learners at a value-based price. HLTH engages students with interactive Health Check assessments, in addition to a range of features on everything from the effect of socioeconomic status on health to a checklist to help choose a primary care physician, that help students relate course concepts to their personal lives.

FEATURES
• An innovative combination of content delivery both in print and online provides a core text and a wealth of comprehensive multimedia teaching and learning assets.
• Shorter, comprehensive chapters in a modern design present content in a more engaging and accessible format without minimizing coverage for your course.
• Chapter–In-Review Cards at the back of the Student Editions provide students a portable study tool containing all of the pertinent information for class preparation.
• Instructor Prep Cards at the back of the Instructor’s Edition make preparation simple with detachable cards for each chapter, offering a quick map of chapter content, a list of corresponding PowerPoint and video resources, additional examples, and suggested
assignments and discussion questions to help you organize chapter content efficiently.

- A full suite of unique learning tools that appeal to different learning styles is available to students with the purchase of a new book. Quizzes, videos, and more are only a click away.
- All of the content and resources you expect with a supplements package that is second to none including PowerPoint lecture slides, Instructor's Manual and Test Bank, and interactive quizzing.
- Perforated Health Check assessment activities available within and at the end of each chapter help tie course content to student life.
- Three unique and engaging features in each chapter – Diversity, Prevention, and Health Skills – cover everything from the effect of socioeconomic status on health to how to choose a primary care physician.

CONTENTS


© 2013, 400pp, Paperback, 9781111987329

JOURNAL FOR HALES/CHRISTIAN'S AN INVITATION TO PERSONAL CHANGE

Dianne Hales

JOURNAL FOR AN INVITATION TO PERSONAL CHANGE is part of a unique three-part resource that can be used in a wide range of courses, including health and wellness, fitness, nutrition, health psychology, and college success. Unlike any other textbook, supplement, or manual, it not only talks about personal change, but based on decades of psychological research and clinical practice, it also serves as a curriculum for change, inviting students to take appropriate action in simple, compelling straightforward ways. Meant to be used in conjunction with An Invitation to Personal Change and Labs for Invitation to Personal Change, the Journal guides the students through the process of making behavioral changes and helps them reflect on their goals and motivations.

FEATURES

- Part I, “Invitation to Personal Change” presents the fundamentals of personal change, including the latest insights from neuroscience, the stages of change, and basic principles of behavioral change. The “Power Tools” section provides assessments, inventories, goal-setting, and journaling exercises.
- Part 2, “Labs for Invitation to Personal Change”, includes 25 self-paced, independent labs, each following psychologist James Prochaska’s stages of change. The labs are broken into stages: “Get Real”, “Get Ready”, “Get Going”, and “Lock It In”. Students can use this four-part approach to create personal change maps.
- Part 3, “Journal for Invitation to Personal Change”, allows students to reflect and evaluate past, present, and future behaviors, and gain insight into their feelings. The “Journal” is a resource linked to the labs and makes it easy for students to track their progress through the stages of change.

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© 2009, 160pp, Paperback, 9780495557104

LABS FOR HALES/CHRISTIAN’S AN INVITATION TO PERSONAL CHANGE
Dianne Hales; Kenneth W. Christian

LABS FOR AN INVITATION TO PERSONAL CHANGE guide you through the process of making behavioral changes. There are 25 labs available on such diverse topics as dietary changes, smoking cessation, stress management, weight loss, and overcoming procrastination.

FEATURES
- Part I, “Invitation to Personal Change” presents the fundamentals of personal change, including the latest insights from neuroscience, the stages of change, and basic principles of behavioral change. The “Power Tools” section provides assessments, inventories, goal-setting, and journaling exercises.
- Part 2, “Labs for Invitation to Personal Change”, includes 25 self-paced, independent labs, each following psychologist James Prochaska’s stages of change. The labs are broken into stages: “Get Real”, “Get Ready”, “Get Going”, and “Lock It In”. Students can use this four-part approach to create personal change maps.
- Part 3, “Journal for Invitation to Personal Change”, allows students to reflect and evaluate past, present, and future behaviors, and gain insight into their feelings. The “Journal” is a resource linked to the labs and makes it easy for students to track their progress through the stages of change.

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© 2009, 192pp, Paperback, 97804955557098

NEW EDITION!

PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, INTERNATIONAL EDITION, 12E
Werner W.K. Hoeger, Boise State University; Sharon A. Hoeger

Help your students discover and achieve their personal fitness and wellness goals with Hoeger/Hoeger’s
PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 12E, International Edition. Its personalized approach emphasizes behavior change and provides your students with current, practical information and tips to incorporate in their daily lives. PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 12E, International Edition offers a variety of resources for students to turn active learning into active living, including new “MyProfile” boxes, “Behavior Modification Planning” boxes, exercise videos, online labs, and more. Encourage students to use these resources to achieve and maintain their personal health and wellness goals!

NEW TO THIS EDITION
• NEW! Updated statistics and coverage appear throughout, including current information from the new U. S. National Physical Activity Plan, National Health Objectives for 2020, the new MyPlate nutritional guidelines and the 2010 Dietary Guidelines for Americans, and more.
• NEW! MyProfile box at the beginning of each chapter engages students by asking five questions about the knowledge they already have about the chapter content.
• NEW! Diversity Considerations boxes provide additional insights about topics relevant to diverse populations.
• NEW! Confident Consumer boxes help students become more informed consumers.
• NEW! Chapter 9, “Comprehensive Fitness Programming,” now includes information on the highly popular high-intensity interval training (HIIT) programs. Updates are also provided on Exercise and Type 2 Diabetes and Exercise and Physical Activity for Older Adults based on the recent release of the ACSM pronouncements on these topics. Additionally, information on the 2012 fitness trends is provided in the chapter.
• NEW! Profile Plus helps students track and achieve behavior change in their lives.

FEATURES
• Behavior modification is an integral theme of the Hoegers’ fitness and wellness series. It is introduced early, then related to other topics throughout the text with Behavior Modification Planning boxes that give practical tips on how to effectively transition from current habits to the desired health behaviors.
• Inspiring “Real Life Stories” in each chapter use first person narratives to describe how students have made positive health changes in their own lives, including the challenges they faced and the strategies they used to overcome them.
• “Frequently Asked Questions” sections engage students’ interest in key topics at the beginning of each chapter.
• “Critical Thinking” questions are integrated throughout the text to stimulate critical thinking as students learn and work through the contents of each chapter.

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© 2014, 608pp, Paperback, 9781133594604

PROFILE PLUS FOR HEALTH
Wadsworth
NEW! Take control. Reach your goals. Experience Profile Plus. Profile Plus is a brand-new tool that not only allows your students to track their diet and activity, but also walks them through the key steps in behavior change. After completing a Wellness Profile, students are able to select areas where they would like to make a healthy lifestyle change, and create a behavior change contract. This contract helps students to focus on
working toward their goals. The program guides the student through defining the objectives, enabling, and reinforcing factors related to the area(s) of wellness on which they are focused. Students identify obstacles and choose a reward for successful behavior change. Throughout the process students are encouraged to examine and reflect upon their current behaviors. Instructors can assign and review student work in the form of reports and labs that can be submitted through the system. In addition to tracking behavior change, students can track their diet and physical activity. Analyzing the nutritional value of the foods they eat will help them adjust their diets to reach personal health goals—all while gaining a better understanding of how nutrition relates to, and impacts, their lives. The Profile Plus diet tracker includes a 20,000+ food database that includes the latest Dietary Reference Intakes, goals and actual percentages of essential nutrients, vitamins, and minerals. Use Profile Plus in all your Introductory Health classes to show students how the concepts they learn in the text and in class relate to their personal health goals and apply to their daily lives.

FEATURES

- NEW! Students track their diet and activity.
- NEW! Students complete a wellness profile, and select areas where they would like to make a healthy lifestyle change.
- NEW! Students create a behavior change contract to focus on goals toward which they would like to work. The program guides the student through defining the objectives, enabling, and reinforcing factors related to the area(s) of wellness on which they are focused. Students identify obstacles and choose a reward for successful behavior change.
- NEW! Throughout the behavior change process students are encouraged to examine and reflect upon their current behaviors.
- NEW! Instructors can assign and review student work in the form of reports and labs that can be submitted through the system.
- NEW! Analyzing the nutritional value of the foods they eat will help them adjust their diets to reach personal health goals—all while gaining a better understanding of how nutrition relates to, and impacts, their lives.
- NEW! The Profile Plus diet tracker includes a 20,000+ food database that includes the latest Dietary Reference Intakes, goals and actual percentages of essential nutrients, vitamins, and minerals.
- NEW! Use Profile Plus in all your Introductory Health classes to show students how the concepts they learn in the text and in class relate to their personal health goals and apply to their daily lives.

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STUDENT COURSE GUIDE FOR JOURNEY TO HEALTH FOR HALES’ AN INVITATION TO HEALTH, 15E

Dianne Hales

To accompany the “Journey to Health” telecourse produced by DALLAS TeleLearning of the LeCroy Center for Educational Telecommunications. The JOURNEY TO HEALTH course explores health in its broadest sense. Students are encouraged to use critical thinking and problem solving skills to develop their own healthy lifestyle using the most current information in the health and wellness field. The telecourse components consist of 26 half-hour video programs, the Hales AN INVITATION TO HEALTH text, the student telecourse guide, a faculty manual, and text-specific teaching and learning tools, including testing.

© 2013, 256pp, Paperback, 9781111990329
APPLIED BIOMECHANICS: CONCEPTS AND CONNECTIONS, International Edition

John McLester, Kennesaw State University; Peter St. Pierre, Kennesaw State University

APPLIED BIOMECHANICS: CONCEPTS AND CONNECTIONS, International Edition is comprehensive in coverage and focuses on making connections between biomechanics and other subdisciplines of Exercise Science. Because students taking the course may not be math or science oriented, the text begins with a qualitative, conceptual explanation and then moves to a mathematical one, including both qualitative and some mathematical examples. The text also includes a brief review of anatomy.

FEATURES

• Chapters begin with an example designed to give a preview of the concepts to be covered in the chapters. The example is then carried throughout the chapters and referred to at relevant points. This provides concrete information that students can use to aid in understanding concepts and provides them clear application of the material.

• Each chapter is divided into “Concepts and Connections” sections. After presenting the fundamental concepts, the authors relate those concepts to subdisciplines (i.e. Exercise Physiology, Motor Behavior, Adapted PE, Pedagogy) to meet the needs of the mixed audience taking the course.

• “Focus on Research” sections at the end of the chapter pull concepts together, describing a recent research study and relating it to the chapter concepts. These important sections both demonstrate the variety of ongoing research in Biomechanics-related fields and provide information on the most up-to-date research.

• The text includes a great review of anatomy to help students coming into the course refresh their knowledge and be prepared for the course material.

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1. Biomechanics and Related Movement Disciplines.

© 2008, 432pp, Paperback, 9780840068736
FEATURES

• CONCEPTS AND APPLICATIONS: Student learn how the body adapts to exercise and how to apply these principles to make a more global impact—from improving physical fitness and managing disease to training for peak performance and developing effective rehabilitation programs for future clients.

• FOCUSED LEARNING: Preparing a wide range of students, the “Warm Up” pre-test questions help students determine their current knowledge and review needs. The “Quick Start” questions then help students think about how they can use information in the chapter with clients.

• REAL WORLD EXAMPLES: “In Practice” examples provide students with perspectives related to health/fitness, athletic performance, and rehabilitation. Students also learn from “In the Spotlight” biographies of experts in each chapter topic and “In Retrospect” examples of classical exercise physiology experiments that were used to investigate the topics.

• CRITICAL THINKING: “Concepts, Challenges & Controversies” provide students with more in depth information about exercise physiology topics that seem to be “ever changing.” Parenthetical Questions throughout each chapter challenge students to read or re-read pertinent portions of the text enabling them to interpret the text and answer the question.

• END OF CHAPTER REINFORCEMENT: The End of chapter support includes a bulleted Chapter Summary, “Terms to Know” with page references, Study Questions, Exercise Physiology Web Links, Selected References, and Exercise Physiology Reality – interactive labs that reinforce concepts presented in each chapter.

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© 2013, 592pp, Paperback, 9780538735469

MOTOR LEARNING AND MOTOR CONTROL

From Theory to Practice, International Edition
William H. Edwards, Sacramento State University

The goal of Motor Learning and Control: From Theory to Practice, International Edition is to introduce students to the dynamic field of motor learning and control in ways that are meaningful, accessible, and thought-provoking. This text offers a comprehensive and contemporary overview of the major areas of study in motor learning and control using several different perspectives applied to scholarly study and research in the field. Presenting the most current theories applied to the study and understanding of motor skills, this text is filled with practical examples and interactive applications to help students prepare for careers in movement-related fields.

FEATURES

• Boxed features* in every chapter provide constant reinforcement of main topical ideas through real-life examples as well as professional and personal applications designed to enhance both interest and understanding of the chapter content.

• Figures and tables* visually illustrate and clarify difficult concepts.

• Learning Exercises* at the end of each chapter include critical analyses and application exercises in which chapter topics must be used to solve professional and
movement-skill problems as well as field observations, including both interview and observational analyses.
• For Further Study* section begins with a short multiple-choice and completion quiz, testing students' knowledge of the chapter and helping them identify possible areas in need of reevaluation or additional study.
• Videos* accompanied by questions (found in CourseMate and on the PowerLecture DVD-ROM) show a variety of movement skills and ask students to explain them using concepts from the chapter.
• CourseMate* brings course concepts to life with interactive learning, study, and exam preparation tools that support the printed textbook.
• CourseSmart goes beyond traditional expectations—providing instant, online access to the textbooks and course materials you need and at a lower cost to your students. To request an electronic sample of this Cengage Learning title, go to: www.coursesmart.com/instructors.

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© 2011, 440pp, Paperback, 9780840053589
coverage of all the functional aspects of racquetball, including equipment, offensive and defensive strokes, serves, playing strategies, drills, and court etiquette.

- An accompanying Instructor's Manual includes teaching skills, teaching suggestions, lesson plans, homework assignments, student evaluations and forms (including written exams, drill tests, and gam- playing evaluations), drill sheets, court quizzes, and a sample mid-term exam and final exam.

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© 2012, 144pp, Paperback, 9780840048103

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**DANCE KINESIOLOGY, 2E**

*Sally Sevey Fitt, Professor Emeritus, University of Utah*

Dance Kinesiology reflects modern techniques and includes articles addressing eight important systems of body work: the Pilates Method, Rolfing, the Feldenkrais Method, the Alexander Technique, Ideokinesis, Body-Mind Centering, the Bartenieff Fundamentals, and Laban Movement Analysis.

**FEATURES**

- Techniques are brought into focus through numerous anatomical drawings, illustrated practice sessions, and suggested further readings.
- Each article has been contributed by a trained practitioner and fosters insight into the practical aspects of the material being presented.

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© 1996, 504pp, Hardback, 9780028645070

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**FITNESS!, 5E**

*Karen S. Mazzeo, Bowling Green State University; Lauren M. Mangili, University of North Carolina*

Cengage Learning Activity Series From aerobics and yoga — to bowling, tennis, weight training, and more — Cengage Learning offers a complete line of activities texts to meet your teaching needs. Written for individuals of all skill levels and backgrounds, the Cengage Learning Activity Series goes beyond the mere
fundamentals, showing students how to improve, excel, and simply get more enjoyment from their favorite physical activities. FITNESS THROUGH AEROBICS, STEP TRAINING, AND WALKING, Fifth Edition, uses an easy-to-follow sequential learning order that provides methods to achieve total fitness goals. The text covers the principles and techniques of aerobic dance exercise, step training, and fitness walking, with a new focus on strength training. Students will be able to structure a complete physical and mental training program that can work for a lifetime.

NEW TO THIS EDITION

• NEW: Focus on strength training, which includes coverage of new research, emphasis on obesity, and more functional strength training options. Insights on strength training from top professionals are integrated throughout the text, demonstrating the importance of this topic.
• NEW: Current coverage of the latest technologies, such as heart rate monitors, pedometers, and new resistance equipment, shows students what products they can use in their own fitness programs and provides information for instructors about how to use them in the class setting.
• NEW: The author includes the latest information on nutrition, weight management, stress management, and relaxation techniques.
• NEW: Color photos and figures appear throughout the text.

FEATURES

• All exercise movements shown are photographed using a “mirrored method” so that all written and oral cues directly match what the reader sees.
• Numerous assessments and monitoring tools throughout the text encourage awareness of starting points as well as growth/change points, allowing students to compare pre- and post-course information and data.
• Goal-setting worksheet to reflect “SMART” goals helps students align goals to their fitness program.
• A section on internal motivation and goal setting helps students get to the basics of each. The basics of motivation and goal setting are integrated into each chapter.
• The author has included numerous guidelines to healthy eating, including a Fluid Replacement Pyramid, and information on disordered eating and problem eating behaviors with solutions.
• Three assessments for heart rate monitoring are presented: resting heart rates, after aerobic exercise intervals, and ratings of perceived exertion for all segments of the course.

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© 2013, 272pp, Paperback, 9780840048097

RIGHT DOWN YOUR ALLEY, 7E
The Complete Book of Bowling
Vesma Grinfelds; Bonnie Hultstrand, Professor Emeritus Physical Education, University of Idaho

Cengage Learning Activity Series From aerobics and yoga — to bowling, tennis, weight training, and more — Wadsworth offers a complete line of activities texts to meet your teaching needs. Written for individuals of all skill levels and backgrounds, the Wadsworth Physical Activity Series goes beyond the mere fundamentals, showing students how to improve, excel, and simply get more enjoyment from their favorite physical activities. RIGHT DOWN YOUR ALLEY: THE COMPLETE BOOK OF BOWLING, 7th Edition, includes everything a bowler, whether beginner or advanced, young or old, needs to know about the game. This text takes students from holding a ball to principles of movement and competitive bowling, and provides strategies to
keep improving. **RIGHT DOWN YOUR ALLEY: THE COMPLETE BOOK OF BOWLING** also covers more advanced topics for those past the novice stage. Throughout the text, students will be introduced to the newest proven techniques, equipment, and teaching and learning concepts that are currently being used effectively by bowlers, coaches, and teachers across the country.

**NEW TO THIS EDITION**

- Two new chapters have been added to the new edition. Chapter 8, “Scoring and Rules of Bowling,” gives the latest updates on scoring procedures and rules of the game. Chapter 9, “Preparing for League Bowling,” details the differences between scratch league and handicap league and how to accurately score each type.
- A new section on electronic bowling in Chapter 11 describes how students who have an available electronic game system can practice and perfect coordination, delivery, ball rolls, balance, and spot bowling.
- Expanded discussions of the “3-1-2 Strike Adjustment System” and “3-6-9 Spare Conversion System” have been added to update the material and introduce students to these methods.
- A new 4-color design helps engage students, especially visual learners.
- To reach a broader range of players, integrated instructions and photos for left-handed bowlers are included throughout the text and are now shaded for an easy-to-find reference.
- An online instructor’s teaching guide, which includes such resources as classroom activities and testing tools, provides time-saving lecture preparation tools.
- A short introduction provides a brief history of the game to give students a foundation for understanding the game completely.

**FEATURES**

- Nearly 100 photos, along with numerous figures, help visually demonstrate proper techniques and form, giving students a better sense of the proper ways to bowl successfully.
- After every new concept, “Self Evaluation Questions” are integrated and easily locatable throughout each chapter, letting students review key concepts and techniques before moving on to new ones.

- Each chapter concludes with summarized main points, highlighting the key concepts covered in the chapter.

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© 2012, 192pp, Paperback, 9780840048073

**WALKING AND JOGGING FOR HEALTH AND WELLNESS, 6E**

_Frank Rosato, University of Memphis_

Cengage Learning Activity Series  From aerobics and yoga — to bowling, tennis, weight training, and more — Cengage Learning offers a complete line of activities texts to meet your teaching needs. Written for individuals of all skill levels and backgrounds, the Cengage Learning Activity Series goes beyond the mere fundamentals, showing students how to improve, excel, and simply get more enjoyment from their favorite physical activities. Introduce students to the health benefits of walking and jogging with this concise text, WALKING AND JOGGING FOR HEALTH AND FITNESS. It presents persuasive and logical reasons to include
exercise daily, and provides guidelines for beginning and sustaining walking and jogging programs in order to meet health and fitness goals.

NEW TO THIS EDITION

- The sixth edition of WALKING & JOGGING FOR HEALTH AND WELLNESS features an all-new color design that will fully engage students in the fundamentals of walking and jogging.
- All new color photos have been added to the sixth edition, increasing the effectiveness of visual cues within the text and enhancing the overall student learning experience.
- Chapters 2-3 from the previous edition have been combined into one chapter for the sixth edition, streamlining the concepts of Motivational Techniques into a comprehensive chapter called “Getting Started.”

FEATURES

- Discussions on current topics such as excessive exercise, environmental safety concerns, psychology of visualization and motivation, special populations, shoe selection, and why people quit, are covered throughout the text to engage students on emerging topics and show the wide range of topics related to walking and jogging.
- Chapter 2: “Getting Started” now integrates topics such as motivation, regular exercise, achieving objects, and principles of exercise.
- Chapter 5: “Prevention and Treatment of Walking and Jogging Injuries” is covered early in the text to help students learn ways to prevent an injury that might occur during their training and to help with the recognition of the signs and symptoms of an impending injury and the application of an appropriate treatment.
- “Key Terms” are included at the end of each chapter with page reference, giving students an added resource for a quick study reference.
- An emphasis on visuals throughout the text demonstrate important techniques such as proper posture and warm-up stretches so that they can use the photographs as models when they start exercising.
- Assessments like the Rockport Fitness Walking Test, the 3-Mile Walking Test, and the 1.5 Mile Running Test are included, with accompanying charts that allow exercisers to analyze their fitness level based on their age and gender.
- End-of-Chapter Summaries succinctly encapsulate the chapter’s main points to help students review.

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© 2012, 176pp, Paperback, 9780840048127

WALKING FOR FUN AND FITNESS, 4E
Jerald D. Hawkins, Lander University; Sandra M. Hawkins

Cengage Learning Activity Series From aerobics and yoga — to bowling, tennis, weight training, and more — Wadsworth offers a complete line of activities texts to meet your teaching needs. Written for individuals of all skill levels and backgrounds, the Wadsworth Physical Activity Series goes beyond the mere fundamentals, showing students how to improve, excel, and simply get more enjoyment from their favorite physical activities. WALKING FOR FUN AND FITNESS, 4th Edition, is divided into three parts: Part One is an introduction to walking; Part Two, Fun and Fitness Through Walking, discusses exercise principles and technique; and Part Three, Maximizing Your Walking Program, covers injury prevention, nutrition and weight management. Armed with the knowledge of this text, students learn effective motivation techniques to get them started (and keep them going!), and help them discover that walking can be fun and lead to greater fitness.

NEW TO THIS EDITION

- The book covers the latest information on walking
as an effective exercise program and motivation techniques.
• Injury prevention and care, and proper walking attire are covered to help readers get their walking programs off on the right foot.
• All-new photos provided by the authors help illustrate the topics and techniques in the text.
• A new 4-color design helps engage students, especially visual learners.
• Updated resources, including a new food pyramid and updated nutrition recommendations, keep the text current and relevant.
• The previous Chapter 11 (Resources for the Fitness Walker) was eliminated, as resources are now included throughout the text.

FEATURES
• Detailed discussion of the health benefits of walking help to educate and motivate readers as they embark on a walking program.
• Personal worksheets for calculating target heart rate and estimating daily energy expenditures, a walking accountability plan, and walking logs help students personalize their fitness walking program and keep them organized and on track.
• Proven motivational and incentive techniques are included to help readers get started and keep going.

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© 2012, 122pp, Paperback, 9780495558569

WATER AEROBICS FOR FITNESS AND WELLNESS, 4E
Terry-Ann Spitzer Gibson, Boise State University; Werner W.K. Hoeger, Boise State University

Cengage Learning Activity Series From aerobics and yoga — to bowling, tennis, weight training, and more — Cengage Learning offers a complete line of activities texts to meet your teaching needs. Written for individuals of all skill levels and backgrounds, the Cengage Learning Activity Series goes beyond the mere fundamentals, showing students how to improve, excel, and simply get more enjoyment from their favorite physical activities. Offering the latest information for obtaining and maintaining wellness, WATER AEROBICS FOR FITNESS AND WELLNESS, Fourth Edition, provides students with guidelines, exercises, and examples to develop a water aerobic program. The text includes unique chapters on fitness assessment, nutrition, and weight management as well as hundreds of illustrations to promote a healthy fitness and wellness program. The use of this text in your course will provide an excellent resource guide to all participants.

NEW TO THIS EDITION
• The fourth edition of WATER AEROBICS FOR FITNESS AND WELLNESS features an all-new color design that will fully engage students in the fundamentals of water aerobic exercise.
• All new color photos have been added to the fourth edition, increasing the effectiveness of visual cues within the text and enhancing the overall student learning experience.

FEATURES
• Emphasis on students’ visual understanding by providing photographs, visuals, and figures as well as additional sample programs and applications
to show how to successfully participate in a water aerobic program.
• Tips for behavior modification and adherence to a lifetime weight management program are integrated throughout the text, helping students recognize the importance of a lifetime commitment to good health.
• Uniquely includes over 90 shallow water exercises and over 30 deep water exercises, providing students with an array of exercise options for the different water depths.
• Unique chapters include Fitness Assessment (Chapter 2), Nutrition for Wellness (Chapter 6), and Weight Management for Wellness (Chapter 7), providing students with a stronger connection between the sport of water aerobics and an effective fitness and wellness program.

**CONTENTS**

© 2012, 160pp, Paperback, 9780840048134

**NEW TO THIS EDITION**
• New! Part Openers help break the material into easily digestible, practical segments. Each Part Opener includes a breakdown of the material presented in that part.
• New! Assessment questions at the end of each chapter with space for student response test the Learning Outcomes from the chapter openers, encouraging students to interact with the material.
• New! Cengage Learning's Health CourseMate brings course concepts to life with interactive learning, study, and exam preparation tools that support WEIGHT TRAINING FOR LIFE, 10e, International Edition. Instructors can easily track students participation and engagement in course materials through a unique engagement tracker. Student have access to an interactive eBook.
• New photographs of proper techniques demonstrations for each featured exercise help readers more accurately perform each movement.
• New coverage includes dynamic warm-up, the waist to hip ratio, body mass index, and a mirror test for excess body fat.
• “Guided Learning Experiences” lab assignments highlight the personal relevance of the material as students interact with and respond to the information. A new listing of supplements and ergogenic aids for research is included in the Supplement Assignment “Guided Learning Experience” in Chapter 17.

**FEATURES**
• The unique format helps students instantly learn correct exercise technique as well as similar exercises that develop the same muscles. The spiral binding and perforated pages makes it easy for students to use the text congruently while completing their workouts.
• Barbell and dumbbell exercises are on the left page. 

Cengage Learning Activity Series From aerobics and yoga — to bowling, tennis, weight training, and more — Cengage Learning offers a complete line of activities texts to meet your teaching needs. Written for individuals of all skill levels and backgrounds, the Cengage Learning Activity Series goes beyond the mere fundamentals, showing students how to improve, excel, and simply get more enjoyment from their favorite physical activities. Practical, visual, and clear, the bestselling WEIGHT TRAINING FOR LIFE, 10e, International Edition prepares students to plan their own weight training programs for a lifetime of fitness. This text builds a solid foundation of current knowledge and practice in weight training for men and women of all ages and skill levels. It contains hundreds of full-color photos demonstrating exercises and proper techniques.
and directly across from them similar machine exercises are on the right page. An explanation of the advantages and disadvantages of training with free weights versus machines is included.

- The Total Ab Solution reduces abdominal circumference and the included exercises also improve posture.
- Focused on encouraging behavior change, the book includes a “Formula for Success” and contains step-by-step instructions on how to set and achieve exercise goals, tips for sticking with a weight training program, a student progress log, time management guidelines and assignments to create time for exercise, and a simple home training program for busy people.

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© 2012, 208pp, Paperback, 9781111988302

YOGA FOR FITNESS AND WELLNESS, 2E
Ravi Dykema, Naropa University, Boulder, CO

Cengage Learning Activity Series From aerobics and yoga — to bowling, tennis, weight training, and more — Cengage Learning offers a complete line of activities texts to meet your teaching needs. Written for individuals of all skill levels and backgrounds, the Cengage Learning Activity Series goes beyond the mere fundamentals, showing students how to improve, excel, and simply get more enjoyment from their favorite physical activities. YOGA FOR FITNESS AND WELLNESS, 2nd Edition, introduces students to the ancient practice of yoga. Covering the history and philosophy of yoga and the theories of Hatha Yoga specifically, the text also explores yoga exercises, including breathing, stretching and strengthening, and relaxation and meditation.

**NEW TO THIS EDITION**

- Photos and figures now appear in a 4-color design format to engage students, especially visual learners, and easily demonstrate yoga poses.
- Resources have been updated to keep the text current. Extensively researched, the text lends credibility to the class it accompanies. It deepens the readers’ understanding of and appreciation for this ancient tradition.
- Updated poses give students detailed explanations to help them better understand and practice the poses, making it a great resource in and outside of the classroom.

**FEATURES**

- The style of yoga covered is universal, appropriate to any class that emphasizes yoga poses and their benefits. Unlike many yoga manuals which teach only one style, the author discusses many styles of yoga and presents the basic elements of most modern yoga systems.
- Appropriate for all skill levels, the text presents the basic skills for yoga, including over 50 of the most commonly taught poses with accompanying photos, making it a great resource in and outside of the classroom.
- Beyond the basic practice skills presented, this text uniquely gives thorough coverage of the history and philosophy of yoga, providing a comprehensive introduction to this increasingly popular form of exercise.
- Included formulas and instructions on how to enter, hold, and exit each pose make it easy to learn the proper techniques.
- Sanskrit names, pronunciation guides, and an English translation for every practice in the text as well as key concepts in yoga’s history and philosophy,
enable students to understand yoga writings and discuss yoga intelligently with other students and practitioners.

- The accompanying web-based Instructor’s Manual includes tips for grading, sample course schedules, and sample quizzes to help you in course preparation.
- Appendixes including a list of yoga organizations, reading suggestions, descriptions of the 17 major yoga styles in the USA, advice on becoming a yoga instructor, and suggestions for designing a home practice give students many ways to continue their study of yoga beyond the classroom.

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© 2012, 192pp, Paperback, 9780840048110

PHYSICAL FITNESS & WELLNESS

CP0792 HLSC111 THE PERSON, HEALTH & WELLBEING

This is a Cengage Learning custom solution, designed specifically to meet the needs of Nursing students. The Person, Health and Wellbeing has been designed by Ailish Gill at the Australian Catholic University. It contains material from leading Cengage Learning textbooks.

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© 2012, 944pp, Paperback, 9780170224758

FITNESS AND WELLNESS, 11E

Werner W.K. Hoeger, Boise State University; Sharon A. Hoeger

Hoeger and Hoeger’s FITNESS AND WELLNESS, 11e encourages students to start their path to fitness and wellness by providing cutting-edge coverage of core concepts, real life student case studies, and action steps to help students develop their own personal lifetime fitness and wellness program. This brief nine-chapter text offers balanced coverage that concentrates on health-related physical fitness components with beneficial information about wellness. It also focuses on motivation and behavior modification with an emphasis on teaching individuals how to take control of their personal fitness, health, and lifestyle habits. In addition, FITNESS AND WELLNESS is part of an integrated textbook program that extends beyond the text to online resources that further students' understanding through personalized learning plans, online labs, and tracking their behavior change progress.
NEW TO THIS EDITION

- The most up-to-date information is provided throughout to include new information from the latest research studies on physical activity and healthy lifestyle habits. Also, for better organization and to aid with studying, the A-heads and B-heads have been numbered.

FEATURES

- Updated throughout to include new information from the latest research studies on physical activity and healthy lifestyle habits. Also, for improved assignability, the A-heads and B-heads have been numbered.
- FITNESS AND WELLNESS is a concise option for instructors who want a core text without extensive labs or assessments. In addition to a full ancillary package, the text includes short chapter activities designed to help students complete assessments that focus on achieving personal health and wellness goals.
- Behavior modification is a hallmark of the Hoegers’ fitness and wellness series—and an integral theme of FITNESS AND WELLNESS. It is introduced early, then related to other topics throughout the text with Behavior Modification Planning boxes that give practical tips on how to effectively transition from current habits to the desired health behaviors.
- Inspiring “Real Life Stories” in each chapter use first person narratives to describe how students have made positive health changes in their own lives, including the challenges they faced and the strategies they used to overcome them.
- A unique Chapter 9, “Relevant Questions and Answers About Fitness and Wellness,” uses a question-and-answer format to address timely issues and common misconceptions related to physical fitness and wellness.
- “Assess Your Knowledge” multiple-choice review questions at the end of each chapter focus on core concepts and allow students to evaluate what they have learned. Answers are provided at the end of the book.
- “Assess Your Behavior” sections at the end of each chapter assess students’ current behavior as it relates to chapter topics and highlight areas they need to change to improve their fitness and wellness.
- “Frequently Asked Questions” address common issues, beliefs, and concerns most often expressed by students and connect the answers to the chapter concepts.

CONTENTS


FITNESS AND WELLNESS, INTERNATIONAL EDITION, 10E

Werner W.K. Hoeger, Boise State University; Sharon A. Hoeger

Hoeger and Hoeger’s FITNESS AND WELLNESS, 10E, International Edition encourages students to start their path to fitness and wellness by providing cutting-edge coverage of core concepts, real life student case studies, and action steps to help students develop their own personal lifetime fitness and wellness program. This brief nine-chapter text offers balanced coverage that concentrates on health-related physical fitness components with beneficial information about wellness. It also focuses on motivation and behavior.
modification with an emphasis on teaching individuals how to take control of their personal fitness, health, and lifestyle habits. In addition, FITNESS AND WELLNESS, 10E, International Edition is part of an integrated textbook program that extends beyond the text to online resources within WebTutor or CengageNOW that further students’ understanding through personalized learning plans, provide online labs, and allow students to track their behavior change progress.

**NEW TO THIS EDITION**

- NEW: Updated throughout to include new information from the latest research studies on physical activity and healthy lifestyle habits.
- NEW: Data on the escalating obesity epidemic and its causes in the United States has been updated in Chapter 6, “Weight Management.” The discussion on the controversial issue of the role of exercise for weight loss and proper weight management, in particular light-intensity versus vigorous-intensity exercise, has been updated.
- NEW: Updated fitness coverage includes advances in resistance-training principles, modes and strategies of stretching, high-intensive interval training (HIIT), and more.

**FEATURES**

- FITNESS AND WELLNESS is a concise option for instructors who want a core text without extensive labs or assessments. In addition to a full ancillary package, the text includes short chapter activities designed to help students complete assessments that focus on achieving personal health and wellness goals.
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- “Assess Your Knowledge” multiple-choice review questions at the end of each chapter focus on core concepts and allow students to evaluate what they have learned. Answers are provided at the end of the book.
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© 2013, 336pp, Paperback, 9781111990008

**LIFETIME PHYSICAL FITNESS AND WELLNESS, 12E**

A Personalized Program, International Edition

Werner W.K. Hoeger, Boise State University; Sharon A. Hoeger

LIFETIME PHYSICAL FITNESS AND WELLNESS, 12E, International Edition provides students with current information, tools, and guidelines to implement and adhere to a lifetime physical fitness and wellness program. Throughout the text, Werner W. K. Hoeger
and Sharon A. Hoeger encourage students to take a critical look at their current behaviors in order to help them identify and abandon negative habits and adopt and maintain healthy behaviors. The authors’ emphasis throughout the book is on teaching students how to take control of their personal lifestyles and make changes to promote overall health and wellness. In order to achieve this goal, the authors personalize the information to show students how content relates to their individual lives and provide easy steps to help students begin the process of behavior change. The unique design of this text integrates activities throughout each chapter, which allows students to learn core concepts and immediately apply their knowledge through self-review and application activities. In addition, LIFETIME PHYSICAL FITNESS AND WELLNESS, 12E, International Edition is part of an integrated textbook program that extends beyond the text to online resources within CengageNOW and WebTutor that further students’ understanding through personalized learning plans, provide online labs, and allow students to track their behavior change progress.

NEW TO THIS EDITION

• NEW: Chapter opening “Personal Profile” feature asks students a series of questions regarding the current status of their own fitness/wellness. This inventory draws students into the text by showing them immediately how their actions are related to their current level of health, and what steps the text will outline for behavior change. Students can build upon the profile as they read the chapter, as well as keep the results as a profile piece for later review.
• NEW: Updated throughout to include new information from the latest research studies on physical activity and healthy lifestyle habits.
• NEW: Data on the escalating obesity epidemic and its causes in the United States has been updated in the topic of Chapter 5, “Weight Management.” The discussion on the controversial issue of the role of exercise for weight loss and proper weight management, in particular light-intensity versus vigorous-intensity exercise, has been updated.
• NEW: Updated fitness coverage includes advances in resistance-training principles, modes and strategies of stretching, high-intensive interval training (HIIT), and more.
• NEW: A new Stress Events Scale, a 30-Second Body Scan, a five-minute de-stress technique, and the concepts of mindless meditation and tai chi for stress management have all been added to the topic of Chapter 12, “Stress Management”.

FEATURES

• This text integrates over 50 activities that promote active learning and assess students’ fitness and wellness levels making the concepts more relevant to students’ lives. At the end of many activities, critical-thinking questions encourage students to apply what they have learned to their own personal fitness and wellness goals.
• “Behavior Modification Planning” boxes include bulleted information and research on popular topics that highlight ways students can change their fitness and wellness behavior. Topics include recognition of fad diet plans, cholesterol management, nutrition and cancer prevention, and anger management. Accompanying “Try It” critical thinking activities encourage students to put the recommended strategies and their own knowledge into action.
• Inspiring Real Life Stories in each chapter use first person narratives to describe how students have made positive health changes in their own lives, including the challenges they faced and the strategies they used to overcome them.
• Tear-out reference cards provide practical information in a portable format. “For Easy Reference” cards list health information that students may use frequently, such as nutritional content for popular fast food menu options. “Check Yourself” cards provide checklists of positive health behaviors to help students assess their current behavior and they can track their progress toward better health throughout the semester and beyond.
• “Assess Your Knowledge” multiple-choice review questions at the end of each chapter focus on core concepts and allow students to evaluate what they have learned. Answers are provided at the end of the book.

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NEW TO THIS EDITION

• This text has been thoroughly updated throughout to include the most up-to-date information from the latest research studies on physical activity and healthy lifestyle habits. Also, for improved assignability, the A-heads and B-heads have been numbered.

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• Updated throughout to include new information from the latest research studies on physical activity and healthy lifestyle habits. Also, for improved assignability, the A-heads and B-heads have been numbered.
• Chapter opening “Personal Profile” feature asks students a series of questions regarding the current status of their own fitness/wellness. This inventory draws students into the text by showing them immediately how their actions are related to their current level of health, and what steps the text will outline for behavior change. Students can build upon the profile as they read the chapter, as well as keep the results as a profile piece for later review.
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© 2015, 576pp, Paperback, 9781285733142

PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, INTERNATIONAL EDITION, 12E
Werner W.K. Hoeger, Boise State University; Sharon A. Hoeger

Help your students discover and achieve their personal fitness and wellness goals with Hoeger/Hoeger’s PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 12E, International Edition. Its personalized approach emphasizes behavior change and provides your students with current, practical information and tips to incorporate in their daily lives. PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 12E, International Edition offers a variety of resources for students to turn active learning into active living, including new “MyProfile” boxes, “Behavior Modification Planning” boxes, exercise videos, online labs, and more. Encourage students to use these resources to achieve and maintain their personal health and wellness goals!

NEW TO THIS EDITION

- NEW! Updated statistics and coverage appear throughout, including current information from the new U.S. National Physical Activity Plan, National Health Objectives for 2020, the new MyPlate nutritional guidelines and the 2010 Dietary Guidelines for Americans, and more.
- NEW! MyProfile box at the beginning of each chapter engages students by asking five questions about the knowledge they already have about the chapter content.
- NEW! Diversity Considerations boxes provide additional insights about topics relevant to diverse populations.
- NEW! Confident Consumer boxes help students become more informed consumers.
- NEW! Chapter 9, “Comprehensive Fitness Programming,” now includes information on the
highly popular high-intensity interval training (HIIT) programs. Updates are also provided on Exercise and Type 2 Diabetes and Exercise and Physical Activity for Older Adults based on the recent release of the ACSM pronouncements on these topics. Additionally, information on the 2012 fitness trends is provided in the chapter.

- NEW! Profile Plus helps students track and achieve behavior change in their lives.

FEATURES

- Behavior modification is an integral theme of the Hoegers’ fitness and wellness series. It is introduced early, then related to other topics throughout the text with Behavior Modification Planning boxes that give practical tips on how to effectively transition from current habits to the desired health behaviors.
- Inspiring “Real Life Stories” in each chapter use first person narratives to describe how students have made positive health changes in their own lives, including the challenges they faced and the strategies they used to overcome them.
- “Frequently Asked Questions” sections engage students’ interest in key topics at the beginning of each chapter.
- “Critical Thinking” questions are integrated throughout the text to stimulate critical thinking as students learn and work through the contents of each chapter.

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© 2014, 608pp, Paperback, 9781133594604
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lifestyle change.

- NEW! Students create a behavior change contract to focus on goals toward which they would like to work. The program guides the student through defining the objectives, enabling, and reinforcing factors related to the area(s) of wellness on which they are focused. Students identify obstacles and choose a reward for successful behavior change.
- NEW! Throughout the behavior change process students are encouraged to examine and reflect upon their current behaviors.
- NEW! Instructors can assign and review student work in the form of reports and labs that can be submitted through the system.
- NEW! Analyzing the nutritional value of the foods they eat will help them adjust their diets to reach personal health goals—all while gaining a better understanding of how nutrition relates to, and impacts, their lives.
- NEW! The Profile Plus diet tracker includes a 20,000+ food database that includes the latest Dietary Reference Intakes, goals and actual percentages of essential nutrients, vitamins, and minerals.
- NEW! Use Profile Plus in all your Introductory Health classes to show students how the concepts they learn in the text and in class relate to their personal health goals and apply to their daily lives.

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YOGA FOR FITNESS AND WELLNESS, 2E
Ravi Dykema, Naropa University, Boulder, CO

Cengage Learning Activity Series From aerobics and yoga — to bowling, tennis, weight training, and more — Cengage Learning offers a complete line of activities texts to meet your teaching needs. Written for individuals of all skill levels and backgrounds, the Cengage Learning Activity Series goes beyond the mere fundamentals, showing students how to improve, excel, and simply get more enjoyment from their favorite physical activities. YOGA FOR FITNESS AND WELLNESS, 2nd Edition, introduces students to the ancient practice of yoga. Covering the history and philosophy of yoga and the theories of Hatha Yoga specifically, the text also explores yoga exercises, including breathing, stretching and strengthening, and relaxation and meditation.

NEW TO THIS EDITION
- Photos and figures now appear in a 4-color design format to engage students, especially visual learners, and easily demonstrate yoga poses.
- Resources have been updated to keep the text current. Extensively researched, the text lends credibility to the class it accompanies. It deepens the readers’ understanding of and appreciation for this ancient tradition.
- Updated poses give students detailed explanations to help them better understand and practice the poses, making it a great resource in and outside of the classroom.

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- The style of yoga covered is universal, appropriate to any class that emphasizes yoga poses and their benefits. Unlike many yoga manuals which teach only one style, the author discusses many styles of yoga and presents the basic elements of most modern yoga systems.
- Appropriate for all skill levels, the text presents the basic skills for yoga, including over 50 of the most commonly taught poses with accompanying photos, making it a great resource in and outside of the classroom.
- Beyond the basic practice skills presented, this text uniquely gives thorough coverage of the history and philosophy of yoga, providing a comprehensive introduction to this increasingly popular form of exercise.
- Included formulas and instructions on how to enter, hold, and exit each pose make it easy to learn the proper techniques.
- Sanskrit names, pronunciation guides, and an English translation for every practice in the text as well as key concepts in yoga’s history and philosophy, enable students to understand yoga writings and
discuss yoga intelligently with other students and practitioners.

- The accompanying web-based Instructor’s Manual includes tips for grading, sample course schedules, and sample quizzes to help you in course preparation.
- Appendices including a list of yoga organizations, reading suggestions, descriptions of the 17 major yoga styles in the USA, advice on becoming a yoga instructor, and suggestions for designing a home practice give students many ways to continue their study of yoga beyond the classroom.

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© 2012, 192pp, Paperback, 9780840048110

GENERAL NUTRITION

ADVANCED NUTRITION

Current, comprehensive, and designed to maximize clarity of the concepts students need to know, longtime best seller ADVANCED NUTRITION AND HUMAN METABOLISM, 6E, International Edition delivers its signature quality content in a student-friendly presentation. This respected market leader is accessible, with relevant examples, illustrations, applications, tables, and figures to emphasize key concepts. The authors have thoroughly updated the art for this edition by adding several new figures and improving accuracy and clarity of the existing ones. This text continues to set the standard through the authors’ ability to clearly and accurately explain even the most complex metabolic processes and concepts. It’s the only book written for undergraduates that consistently stays at that level. Providing thorough and detailed coverage, the text equips students with a solid understanding of digestion, absorption, and metabolism of fat, protein, and carbohydrates. It covers the biochemistry of vitamins, minerals, and energy nutrients. It also examines the structure and function of water-soluble and fat-soluble vitamins and their regulatory role in metabolism, looks at electrolyte and fluid balance, and covers the role of nutrition in the development or exacerbation of chronic disease. With ADVANCED NUTRITION AND HUMAN METABOLISM, 6E, International Edition students will be well prepared to continue their studies in the field of nutrition.

NEW TO THIS EDITION

- Section III has been reorganized to integrate coverage of electrolytes with the discussion of fluid balance.
- Research methodologies are now discussed in context within the nutrient chapters.
- New Perspective features on high-fructose corn syrup, prebiotics, metabolic syndrome, and evaluation of nutrition information are included.
- Several new figures depicting important concepts such as GLUT4 membrane trafficking pathways, PUFA biosynthesis, and insulin receptor function have been added.
- Existing illustrations have been modified to more clearly and accurately represent important structures and processes.
- All chapters have been updated with the latest research findings, and citations and suggestions for further reading have been likewise updated.
- The discussion of protein (Chapter 6) has been reorganized to increase readability.
- The quality of the text overall has been improved through elimination of errors and clearer explanations of difficult concepts.
- A CourseMate website with Engagement Tracker will be available for this edition.
FEATURES

• Presenting topics to students in a systematic, logical manner, the text's reader-friendly cells-to-systems approach focuses on normal nutrition and physiological function in humans.

CONTENTS


© 2013, 608pp, Paperback, 9781133104070

COMMUNITY NUTRITION IN ACTION, 5E
An Entrepreneurial Approach, International Edition
Marie A. Boyle, College of St. Elizabeth; David H. Holben, Ohio University, Athens

COMMUNITY NUTRITION IN ACTION, 5E, INTERNATIONAL EDITION introduces the program planning, policies, resources, and nutrition issues specific to community nutrition and provides an understanding of creating and implementing nutrition programs from various constituencies (elderly populations, children, impoverished populations, college students, etc.). Successful practitioners in community nutrition have proven to have a mind and skill set that opens them up to new ideas and ventures. Incorporating an entrepreneurial approach, this book helps readers learn how to take risks, try new technologies, and use fresh approaches to improving the public’s nutrition and health status. The book also delivers the core material important to those who will be active in solving community nutritional and health problems, including program delivery, nutrition education, nutrition assessment, and planning nutrition interventions.

NEW TO THIS EDITION

• Beginning in Chapter 3, the new nutrition care process is integrated as appropriate throughout, including a new case study.
• Program Planning moved to Chapter 4 to highlight the importance of this core topic to the pre-professionals taking the course.
• New Chapter 15: Understanding and Achieving Behavior Change.
• New! Workbook containing example documents that students can complete to create a complete program plan. The project can span the entire semester.
• The updated and expanded list of “Internet Resources” is located at the end of each chapter for quick reference and accessibility.
• Research has been updated throughout, with extensive references listed at the end of each chapter.

FEATURES

• “Community Learning Activities” research assignments are included throughout the text and have been adapted to complete using the Internet. Each encourages students to apply and expand their learning beyond just the text.
• “Case Study” sections are included at the end of each chapter. Each includes a scenario and identifiable learning outcomes. Students are asked to complete a series of steps to reinforce this feature as a useful learning tool.
• “Programs in Action” boxes spotlight successful community nutrition programs, covering such topics as HIV/AIDS, childhood obesity, behaviorally focused nutrition education programs for children, osteoporosis prevention for female athletes, and farm-to-school initiatives.
• The textbook includes four-color end-sheets
displaying the Dietary Guidelines for Americans, DRIs, Community Nutrition Internet Resources, the Food Guide Pyramid, and the Body Mass Index.

CONTENTS

© 2010, 752pp, Paperback, 9781439045466
FEATURES

• “Case Study” sections are included at the end of each chapter. Each includes a scenario and identifiable learning outcomes. Students are asked to complete a series of steps to reinforce this feature as a useful learning tool.
• “Programs in Action” boxes spotlight successful community nutrition programs, covering such topics as HIV/AIDS, childhood obesity, behaviorally focused nutrition education programs for children, osteoporosis prevention for female athletes, and farm-to-school initiatives.
• “Professional Focus” features address topics such as teamwork and leadership. This feature offers students information to enhance and apply their real-world skills.
• Each chapter concludes with a Chapter Summary, Summary Questions, and Internet Resources to enable students to study, self-test, and further explore the chapter topics.
• The textbook includes four-color endsheets displaying the new DRIs, MyPlate food guidance system, Body Mass Index table, and Key Physical Activity Guidelines for Adults.

CONTENTS


© 2013, 792pp, NonBook-Disk, 9781111989873

FOOD AND CULTURE, INTERNATIONAL EDITION, 6E
Pamela Goyan Kittler; Kathryn P. Sucher, San Jose State University, Dept of Food and Nutrition; Marcia Nahikian Nelms, The Ohio State University

FOOD AND CULTURE, International Edition is the market-leading text for the cultural foods courses, providing current information on the health, culture, food, and nutrition habits of the most common ethnic and racial groups living in the United States. It is designed to help health professionals, chefs, and others in the food service industry learn to work effectively with members of different ethnic and religious groups in a culturally sensitive manner. The authors include comprehensive coverage of key ethnic, religious, and regional groups, including Native Americans, Europeans, Africans, Mexicans and Central Americans, Caribbean Islanders, South Americans, Chinese, Japanese, Koreans, Southeast Asians, Pacific Islanders, People of the Balkans, Middle Easterners, Asian Indians, and regional Americans.

NEW TO THIS EDITION

• New! “Discussion Starter” feature invites students to learn actively, think critically about important issues related to the chapter topic, and engage in
cooperative problem solving. The feature introduces a specific problem scenario, poses a few questions for personal reflection, and culminates in an open-ended question for small-group discussion.

• Completely updated, this new edition incorporates the latest research in nutrition and its relationship to culture.
• The extensive reference list at the end of every chapter has been updated to include the most current research on topics related to the chapter.
• New! Global Nutrition Watch accompanies this text at no additional cost to bring currency to the classroom. Updated daily, this resource provides convenient access to thousands of current academic journals, newspaper and magazine articles, and videos and podcasts for students to expand their learning and use these sources for projects and assignments.

FEATURES

• Practical “Do’s, Don’ts and Differences” boxes provide practical tips for clear and polite communication with members of each major cultural group. In addition, sample menus in Chapters 5 – 14 provide a practical example of foods commonly eaten by various ethnic groups in North America, along with print and online recipe resources.
• Real-World Application Two interview sections provide students with real-world examples of different cultural lifestyles and the relationship to food. “New American Perspectives” present interviews with Americans who have emigrated from various countries and explain their culture and food habits. “Practitioner Perspectives” showcase interviews with dietetics practitioners who work with clients from various cultures.
• Critical Thinking “Cultural Controversy” boxes introduce students to hot topics in the field of food and culture, such as “Cultural Controversy: Does Hunger Cause Obesity?”
• Visual Understanding Cultural foods timeline in Chapter 1 introduces students to the interrelated history of food and culture in the United States. It gives an overview of how food and culture have developed hand in hand in the U.S. and includes popular brands students can relate to and are familiar with seeing and eating.
• “Cultural Food Group” lists found in each chapter provide table listings of foods eaten by each culture and subgroup present in the text.
• A 16-page color insert provides examples of different foods discussed in the text, including ethnic starch, vegetables, fruits, and protein foods.

CONTENTS

UNDERSTANDING FOOD: PRINCIPLES AND PREPARATION is a best-selling food fundamentals text ideal for an undergraduate course that covers the basic elements of food preparation, food service, and food science. Contemporary and comprehensive in coverage, it introduces students to the variety of aspects associated with food preparation. The Fifth Edition thoroughly explores the science of food through core material on food selection and evaluation, food safety, and food chemistry. Food preparation, classification, composition, selection, purchasing, and storage for a range of traditional food items are discussed, and the various aspects of food service are covered: meal planning, basic food preparation, equipment, food preservation, and government regulations. A rich illustration and photo program and unique pedagogical features make the information easily understandable and interesting to students.

NEW TO THIS EDITION

- New information in many chapters covers evolving trends in the food industry such as electronic noses, lean finely textured beef, DNA bar coding of fish, black and red rice varieties, and the sous-vide heat preservation technique, as well as recent related legislation such as the FDA Food Safety Modernization Act; Healthy, Hunger-Free Kids Act of 2010; and Patient Protection and Affordable Care Act of 2010.
- Discussions of many important topics, including formation of saturated and supersaturated solutions, nonnutritive sweeteners, and interfering agents, have been expanded.
- The presentation of many topics has been enhanced and clarified; examples include the discussions of induction, protein contraction and relaxation, meat quality problems, pasteurization techniques, enzymes used in cheese production, bouillons, proofing of bread dough, surfactants and emulsifiers, descriptive terms for pastry (laminated vs. nonlaminated; long flake, short flake, and mealy textures), and food package health claims. The use of potentially confusing terms related to energy measurement and sugars is now clear and consistent.
- New figures demonstrate the gap between average U.S. dietary intakes and the Dietary Guidelines recommendations, forms of dispersion destabilization, a healthy meal plan, a cycle menu, methods of modifying commercial starches, varieties of unshortened cakes, laminated and nonlaminated pastries, saturated and supersaturated solutions, and commercial freeze-drying.
- The discussions of types of grains and flours have been reorganized to distinguish gluten-containing and gluten-free foods, and the presentation of yeast bread preparation, including the accompanying figures, has been reorganized to better reflect the chronology of this process.
- New “Chemist’s Corner” features explore solute concentrations, the measurement of food protein, factors affecting fatty acid melting points, and factors promoting small crystal formation in candies.

FEATURES

- The text has been thoroughly updated to include the latest research, examples, and techniques related to food principles.
- This text uniquely integrates nutrition, dietetics, food industry, and food service topics, giving students a full overview of the different dimensions of food principles. The food-specific chapters are organized to follow a typical syllabus centered on the major food groups. Chapter 29: Food Careers showcases the variety of career options students have in the food industry.
- “Chemist’s Corner” features dive deeper into the scientific principles and methodologies relevant to food preparation and the food industry.
- “How & Why?” features further explain terms, processes, and distinctions important in food science and preparation, answering common questions about the chapter material.
CONTENTS


© 2015, 704pp, Hardback, 9781133607151

UNDERSTANDING FOOD, 4E
Principles and Preparation, International Edition
Amy Christine Brown, University of Hawaii, Manoa

UNDERSTANDING FOOD: PRINCIPLES AND PREPARATION, 4e, International Edition is a best-selling food fundamentals text ideal for an undergraduate course that covers the basic elements of food preparation, food service, and food science. It is contemporary and comprehensive in coverage and introduces students to the variety of aspects associated with food preparation. UNDERSTANDING FOOD: PRINCIPLES AND PREPARATION, 4e, International Edition thoroughly explores the science of food through core material on food selection and evaluation, food safety, and food chemistry. The various aspects of food service are covered: meal planning, basic food preparation, equipment, food preservation, and government regulations. The final sections of the text cover food preparation, classification, composition, selection, purchasing, and storage information for a range of traditional food items. A rich illustration and photo program and unique pedagogical features make the information easily understandable and interesting to students.

NEW TO THIS EDITION

• Calorie Control feature* explores the energy value of foods and emphasizes portion control—a topic of great interest to students both as individuals and as future food service professionals catering to weight-conscious clientele.
• Chapter 2: Food Evaluation* responds to reviewers’ requests to create a separate chapter on this topic. Instructors can choose to include this topic as part of the basic food course or as a part of an advanced food course.
• Chapter 4: Food Safety reorganized* to provide an applied approach to food safety. The content is revised to teach students practical tips on preventing food-borne illness that follow food flow—purchasing, storage, preparation, cooking, holding, cooling, reheating, and sanitation. In addition, the content is enhanced with new figures.
• Expanded coverage of functional foods, specialized food products (e.g., gluten-free foods), and food industry innovations related to ingredients and processing.
• Thoroughly updated to include the latest research, examples, and techniques related to food principles.

FEATURES

• This text uniquely integrates nutrition, dietetics, food industry, and food service topics, giving students a full overview of the different dimensions of food principles. The food-specific chapters are organized to follow a typical syllabus centered on the major food groups.
• Chapter 29: Food Careers showcases the variety of career options students have in the food industry. Highlights include careers associated with food service management, food science, and nutrition.
• “Professional Profiles” sections also introduce students to careers in the food and nutrition fields. These profiles include interviews from real people in
the field, sharing their work experiences.

- “Nutrient Content” sections supply specific data on the nutritional content of different foods.
- “Problems and Their Causes” tables identify common food preparation errors and explain how to avoid them.

**CONTENTS**


© 2011, 704pp, Paperback, 9780538736237

**FOOD SCIENCE AND TECHNOLOGY**

**NUTRITIONAL SCIENCES, 3E**

*From Fundamentals to Food, International Edition (with Table of Food Composition Booklet)*

Michelle ‘Shelley’ McGuire, Washington State University; Kathy A. Beerman, Washington State University

Crystal Clear Science + Compelling Applications =
lives and careers.

- “Everybody Has a Story” features provide engaging case studies that show application of chapter concepts and prompt critical thinking.
- “Diet Analysis Plus Activities” in each chapter integrate textbook concepts with the market-leading diet analysis software. These exercises demonstrate to students how nutrition relates to their personal health goals.
- “Nutrition Matters” mini-chapters appear at the end of several chapters and present important nutrition-related issues, such as diabetes, bone health, alcohol, cardiovascular disease, food safety, and eating disorders. These sections give professors the flexibility to decide how much detail they want to cover on certain topics in their courses.
- “Focus On” boxes integrate content related to scientific innovation; diet and health; food; clinical applications; nutrition through the life cycle; and sports nutrition throughout the text to highlight applied nutrition concepts.
- “Food Matters” boxes provide practical advice on how to meet the recommendations for the 2010 Dietary Guidelines for Americans. Students can apply the information from the chapter to the Dietary Guidelines by reading the material and then reflecting on the series of strategies provided.

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© 2013, 736pp, Paperback, 9780840058393

GENERAL NUTRITION

NICE OR NASTY
Food Choice, Food Law and Health in South East Asia
John Candlish, University of Malaysia Sarawak; Tan Chee Hong, National University of Singapore

Nice or Nasty is an entertaining and informative book with a readable approach to a topic that is extremely important to all societies, namely food choice, in relation to its regulation by law, custom and beliefs, and its health and disease aspects. The focus is on South East Asia with its half a billion people and diverse food choice. Written by two experts with many years of experience in teaching and research in biomedicine, this book represents a synthesis of the seemingly diverse areas of nutrition, biomedicine, law and geography. The authors write in clear and precise language and explain scientific concepts in simple terms.

FEATURES

- INTEGRATIVE APPROACH: The separate threads of food, nutrition science, food law and geography are treated conjunctively.
- SOUTH EAST ASIAN ORIENTATION: Treatment is focussed on the diverse peoples of South East Asia.
- RISK ANALYSIS: The dangers of adverse food choice and their sequlae are analysed.
- CONTEMPORARY ISSUES: Modern issues such as those germane to genetically modified foods, endangered species and obesity cures are discussed.
- ILLUSTRATIONS: There are copious illustrations of food choice in South East Asia.

CONTENTS

Preface 1. PATTERNS OF FOOD AVOIDANCE AND SELECTION Some Language - Avoidance of specific
foods - Selection of specific foods - Some observations.
3. CHINESE FOOD BELIEFS The Chinese cuisine - Hot and cold theories - Foods as medicines - Language symbolism - The case of raw fish - Aphrodisiac foods - The soya bean - Bird’s nest - White rice - Shark’s fin - Alcohol - Steamboat - Food for the dead - The pace of change. 4. MALAY FOOD BELIEFS Kampung food - Spices and condiments - Hot and cold theories - Food and pregnancy - Jamu - Ulam.
5. FOOD ADVERTISING Types of consumer - Slimming advertisements - Specific slimming products - Legal aspects - Coda.
6. FOOD AND MEDICINE Names and claims - Interaction of health foods with medical cultures - The antioxidant imbroglio - Antidiabetic foods - Antihypertensives - Sports foods - The choice of fats - Some case studies - Summing up.
8. GENETICALLY MODIFIED FOODS IN SOUTH EAST ASIA Emerging issues - The problem of labels - Gleanings from the wider world - International efforts - Risk assessment.
9. TRENDS Biological archetypes - After affluence - Natural and organic food - Street foods - The concept of healthy eating - Scientific uncertainty and the unease of the public - Summing up.

© 2003, 222pp, 9789812433886

INTRODUCTORY NUTRITION

NUTR (WITH NUTRITION COURSEMATE WITH EBOOK, DIET ANALYSIS PLUS 2-SEMESTER PRINTED ACCESS CARD)
Michelle ’Shelley’ McGuire, Washington State University; Kathy A. Beerman, Washington State University

Created by the continuous feedback of a “student-tested, faculty-approved” process, NUTR delivers a visually appealing, succinct print component, tear-out review cards for students and instructors and a consistent online offering with CourseMate that includes an eBook in addition to a set of interactive digital tools all at a value-based price and proven to increase retention and outcomes. Through the consistent use of real-world applications in every chapter, students understand the true impact of nutrition on a personal and global scale. Supported by the valuable and trackable learning, study, and exam preparation tools in CourseMate, NUTR brings course concepts to life.

NEW TO THIS EDITION

• NUTR combines a visually engaging approach with real-world applications that will capture students’ attention and help them understand core concepts.
• Learning Outcomes organize each chapter providing students focus and a strong foundation in the essential concepts of nutrition.
• Running glossary on each page supports students with immediate help with the language of nutrition research.
• Real life applications consistently appear throughout NUTR framing the study of nutrition and connecting core concepts to student’s lives.
• Chapter In Review Cards give students a portable way
to review for exams. These perforated cards provide concise summaries of chapter concepts, along with key figures and study questions.

• Additional detachable In Review Cards contain important dietary references and calculations.
• Coverage of 2010 Dietary Guidelines for Americans, Healthy People 2020, and other important updates give students the most current information on topics and trends in Nutrition.
• Diet Analysis Plus, the market leading diet analysis software, is bundled with NUTR to give students practice tracking and analyzing their own diet. Students receive quick start instructions on a detachable In Review Card that guides them to make the most of the software.

FEATURES

• An innovative combination of content delivery both in print and online provides a core text and a wealth of comprehensive multimedia teaching and learning assets based on input from student focus groups and surveys, and from interviews with Nutrition faculty and students.
• Shorter, comprehensive chapters in a modern design present content in a more engaging and accessible format without minimizing coverage for your course.

CONTENTS

foods, safe seafood choices, amino acid supplements, calorie-rich beverages, organic foods, and many others. Each section ends with review questions, new to this edition.

- Controversies, at the close of each chapter, now contain critical thinking questions.
- Chapters open with “What Do You Think?” questions designed to identify misconceptions students may have and end with “What Did You Decide?” to encourage to clarify their thinking based on the chapter’s concepts.
- Chapter 9 has been substantially revised to reflect the latest research on obesity/overweight.
- Hundreds of content updates appear throughout the book.
- Margin notes have been substantially reduced and categorized as “Did You Know?” and “Do the Math”.

**FEATURES**

- Appearing in each chapter, “Concepts in Action” features integrate Diet Analysis Plus activities to relate chapter concepts to students’ lives.
- Pop-up Tutors (short videos) in MindTap give students extra help on difficult concepts, such as protein synthesis and metabolism.
- “Food Feature” boxes that appear in most chapters act as bridges between theory and practice; they are practical applications of the chapter concepts that help readers to choose foods according to sound nutrition principles.

**CONTENTS**


© 2014, 848pp, Paperback, 9781133609995

NUTRITION, 13E
Concepts and Controversies
Frances Sizer; Ellie Whitney

Why not have it ALL for your Introductory Nutrition course? With Sizer/Whitney’s NUTRITION: CONCEPTS AND CONTROVERSIES 13e you can! A trusted author team with unparalleled research and excellent writing. A modern textbook thoroughly updated and with relevant applications A superior program integrated with market-leading Diet Analysis software to meet all teaching and learning objectives. Updated throughout—from content to design and art—the new Thirteenth Edition continues to focus on core nutrition principles and their personal applications while offering outstanding coverage of the biological foundations of nutrition without assuming previous knowledge. The authors’ lively, approachable writing style gives students just the right amount of detail—striking the perfect balance between scientific research, core concepts, and applications that provide a meaningful context for students. Drawing readers into the study of nutrition, the text dispels students’ existing misconceptions, and empowers them to make better nutrition choices and enact real, lasting behavior change.

NEW TO THIS EDITION
• Completely updated with MyPlate food guidance system, Dietary Guidelines for Americans 2010, and Nutrition-Related Healthy People 2020 Objectives, along with new recommendations for calcium and vitamin D and new guidelines for sodium intake.
• Consumer Corner has been completely revamped as “A Consumer’s Guide to...” The new features guide readers with scientific clarity through an often bewildering marketplace, preparing them to move ahead with sound decisions regarding whole-grain foods, safe seafood choices, amino acid supplements,
calorie-rich beverages, organic foods, and many others. Each section ends with review questions, new to this edition.

- Controversies, at the close of each chapter, now contain critical thinking questions.
- Chapters open with “What Do You Think?” questions designed to identify misconceptions students may have and end with “What Did You Decide?” to encourage to clarify their thinking based on the chapter’s concepts.
- Chapter 9 has been substantially revised to reflect the latest research on obesity/overweight.
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CONTENTS

NUTRITION APPLICATIONS WORKBOOK, 3E
Castonguay

This two-part workbook begins with case studies, including both brief cases with questions and a more complex diet project module with diet histories for a whole family. The second part contains personal diet analysis projects and activities offering students opportunities to apply their critical thinking skills and complete self-contained exercises.

FEATURES
- Extensive group of practical case studies to bring real-world experience to the study of nutrition. Includes: 15 Group Case Study Projects, Nutrient Analysis Exercises, Personal Diet Projects, including those for Diet Analysis + and MyPyramid.

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© 2009, 416pp, Loose-Leaf, 9780495388180


© 2014, 848pp, Loose-Leaf, 9781133610113
NUTRITION NOW, INTERNATIONAL EDITION, 7E
Judith E. Brown, University of Minnesota

NUTRITION NOW, 7E, International Edition 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 how to modify the order to meet course goals and objectives. NUTRITION NOW, 7E, International Edition continues to present evidence-based nutrition information at a level and depth aimed at meeting the needs of students with a wide variety of backgrounds, interests, and majors. 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, 7E, International Edition offers a flexible option to meet your course needs that will get your students excited about the science of nutrition.

NEW TO THIS EDITION
- Learning pedagogy clarified: Learning Objectives added at the beginning of each unit; repeated for review at each major head. Review Questions section expanded, with questions organized by learning objectives. Multiple-choice questions based on real-life case scenarios have been added. Additional questions are included that focus on student mastery of calculations fundamental to the study of nutrition. Interactive activities added on cards at the back of the book. These activities can be used with small groups, as in-class activities, or as course projects.
- Units are now organized into nine parts.
- CourseMate and WebTutor added for the first time.
- Completely updated with USDA's MyPlate, 2010 Dietary Guidelines for Americans, Healthy People 2020 information, and the 2011 recommendations for vitamin D and calcium.
- All units substantially revised with latest information.

FEATURES
- Reality Check in each unit presents brief, real-life scenarios and asks students to give a thumbs up or down to the optional solutions posed.
- Nutrition Scoreboard at the beginning of each unit poses 3 to 5 questions as a pretest. Answers are given at the end of the unit.
- Health Action boxes present applications for students based on unit content.
- “Take Action” boxes encourage students to improve their health by making small, manageable changes such as increasing vegetable and fruit intake, stabilizing weight, and increasing the intensity of physical activity.
- How do you engage students in course material? Could you use a text that promotes active learning and provides a flexible, customizable format? Nutrition Now offers a unique 33 unit modular format that helps students focus on core concepts and allows instructors to easily modify the material to match your course outline. The emphasis on active learning and critical thinking will engage students in the material and apply it to their own lives.

CONTENTS

© 2014, 688pp, Paperback, 9781133936688

NUTRITION NOW, INTERNATIONAL EDITION (WITH INTERACTIVE LEARNING GUIDE), 6E
Judith E. Brown, University of Minnesota

NUTRITION NOW, 6e, International Edition 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 research-based text uses a direct, student-friendly writing style that makes content approachable, but not oversimplified. The emphasis on active learning and critical thinking both in the text and the “Interactive Learning Guide” allows instructors to design an interactive environment regardless of class size or format (in classroom or online). NUTRITION NOW, 6e, International Edition offers a flexible option to meet your course needs that will get your students excited about the science of nutrition.

NEW TO THIS EDITION
• New! “Take Action” boxes encourage students to improve their health by making small, manageable changes such as increasing vegetable and fruit intake, stabilizing weight, and increasing the intensity of physical activity.
• Enhanced coverage of the role of inflammation in chronic diseases.
• Integrated coverage of the roles of diet, food components, body fat, and physical activity.
• In-depth coverage of new MyPyramid and DASH Eating Plan tools and resources in Unit 6: “Healthful Diets: MyPyramid, the Dietary Guidelines, and More.”
• New and revised dietary recommendations for heart disease, hypertension, diabetes, and cancer; and updated recommendations for physical activity in people of all ages.
• Updates to nutrition and physical performance content (from amino acid supplements and muscular recovery and strength to pre-event, event, and recovery foods and fluids). For a full listing of unit updates, see the preface of the Instructor’s Edition.
• Figures, photos, and illustrations have been updated throughout to enhance the chapter material and to continue this text’s reputation of being the most visually engaging personal nutrition text on the market.

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© 2011, 688pp, Paperback, 9781439049068

NUTRITION YOUR LIFE SCIENCE
Jennifer Turley, Weber State University; Joan Thompson, Weber State University

NUTRITION: YOUR LIFE SCIENCE allows you to spend more time on what matters--teaching--through the unique partnership of a modular print text and interactive online lessons and study tools that together create an integrated, user-friendly teaching and learning experience. The authors, Jennifer Turley and Joan Thompson, understand the way today’s students learn and incorporate these varied learning styles into the delivery of fundamental principles of nutritional science taking your students on a journey that encourages engagement, critical thinking, and self-analysis. Using unique pedagogy, NUTRITION: YOUR LIFE SCIENCE helps students master skills, knowledge, and competencies outlined in learning objectives at the beginning of the module and tested through multiple layers of assessment, including Homework Assessment, Total Recall, and Exams. Experience the perfect partnership between NUTRITION: YOUR LIFE SCIENCE and your Introductory Nutrition course...it will change the way you think about teaching.

NEW TO THIS EDITION
- Five “T-talk” audio-streamed PowerPoint lectures appear in each learning module and correspond to the five content units in the textbook and e-Book. They are accessible in the online platform for the textbook. Students can use “T-Talks” as their virtual lecture, as a study aid to revisit classroom lecture content, and/or to review content they may have missed. “T-Talk” audio can also be downloaded to a mobile device.
- “Bio Beat” features address major themes and organizing principles important to the study of nutrition. They often deal with the biological or chemical underpinnings -- how our bodies work, how food becomes fuel, how one’s genes affect one’s health risks, etc. Within each “Bio Beat,” there are questions that can be used for discussion.
- “GENEies” are features in the modules that challenge students to solve problems. There are three different types: “Diet Analysis Plus (DA+) GENEie” encourages students to use the online Diet Analysis Plus software program to analyze their own diets; “Data GENEie” asks students to calculate a dietary fact and work with numbers relevant to nutrition science; and “Demo GENEie” outlines a demonstration that uses everyday items or foods to reiterate a point reviewed in the module.
- “Study Activities” include a variety of online or small screen device activities, such as flashcards, fill-in-the-blank questions, matching games and crossword puzzles, that students use to master the terminology and comprehend the course material.
- “Summary Points” and “Take Ten on Your Knowledge and Know How” appear at the end of each of the content units to review key points and test students’ knowledge.
FEATURES

• Integrated modular textbook and e-Book work together to provide your students with an interactive, engaging learning experience. The portable and user-friendly spiralbound textbook is organized into 7 modules that supplies 5 lectures, an assessment, an exam, and several learning tools to prepare students to demonstrate knowledge, apply the information, and master terminology. Each module has a corresponding e-Book unit that includes links to activities, current information about nutrition, and embedded animations and videos for students to use at point of reference.

• Learning Objectives frame each module at the beginning and end to emphasize the key concepts. In addition, Personal Improvement Goals demonstrate how students can apply the information to their own lives.

• The Online Platform is the virtual textbook home and doubles as the nutrition class whether face-to-face enhanced, hybrid, or fully online. The online platform hosts the e-Book, “T-Talk” lectures, Homework Assessment, Total Recall, Exam bank, Weblinks, animations and videos, Diet Analysis Plus, study activities, and a sample syllabus.

• An extensive and comprehensive Sample Syllabus is available from the online platform. The syllabus speaks to each attribute of the course and integrates the printed and online textbook components which were designed to teach a three credit hour, introductory nutrition general education class. Since a syllabus is in essence a course contract, this sample syllabus reflects the estimated 140 hours of student time needed to successfully complete such as class.

• Homework Assessments correlate to each learning module and test students’ comprehension of the content. Two different versions of the assessment exist per module—one printed at the end of each module and one available online and in Appendix A. If the Homework Assessment is submitted online, it is instantaneously graded and reviewable.

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NUTRITIONAL SCIENCES, 3E
From Fundamentals to Food, International Edition (with Table of Food Composition Booklet)
Michelle ‘Shelley’ McGuire, Washington State University; Kathy A. Beereman, Washington State University

Crystal Clear Science + Compelling Applications = A Balanced Program for Teaching and Learning In a concise format, NUTRITIONAL SCIENCES: FROM
FUNDAMENTALS TO FOOD, 3E, International Edition clearly explains the scientific principles underlying nutrition while incorporating applications to promote a complete understanding of core concepts. This integrated approach provides a strong science foundation in a context relevant to students’ daily lives and their careers. Supported by an impressive visual design, engaging case studies and interactive digital resources, NUTRITIONAL SCIENCES, 3E, International Edition offers a unique, balanced program for teaching and learning.

NEW TO THIS EDITION

• NEW! NUTRITIONAL SCIENCES 3/e has been updated according to the latest research and nutritional guidelines, including the 2010 Dietary Guidelines for Americans, the new MyPyramid, and Healthy People 2020.
• NEW! Study cards for each chapter contain summaries and review questions that allow students to study anywhere at any time. These unique cards present concepts in smaller chunks with section headings that provide both orientation and review assistance.
• NEW! Nutrition CourseMate brings course concepts to life with interactive learning, study, and exam preparation tools that support NUTRITIONAL SCIENCES. Instructors can easily track students’ participation and engagement in course materials through a unique engagement tracker. Students have access to an interactive eBook, quizzes, Nutrition Tutorials, animations, flashcards and Pop-Up Tutor lectures.
• NEW! Global Nutrition Watch brings currency to the classroom. This student-friendly website provides convenient access to thousands of trusted sources, including academic journals, newspapers, videos, and podcasts, for students to use for research projects or classroom discussion. GLOBAL NUTRITION WATCH is updated daily to offer the most current news about topics related to Nutrition.

FEATURES

• Crystal-clear science + Compelling applications: Fundamental scientific principles underlying nutrition are clearly explained and real-world examples are used to demonstrate application and relevance to students’ lives and careers.
• “Everybody Has a Story” features provide engaging case studies that show application of chapter concepts and prompt critical thinking.
• “Diet Analysis Plus Activities” in each chapter integrate textbook concepts with the market-leading diet analysis software. These exercises demonstrate to students how nutrition relates to their personal health goals.
• “Nutrition Matters” mini-chapters appear at the end of several chapters and present important nutrition-related issues, such as diabetes, bone health, alcohol, cardiovascular disease, food safety, and eating disorders. These sections give professors the flexibility to decide how much detail they want to cover on certain topics in their courses.
• “Focus On” boxes integrate content related to scientific innovation; diet and health; food; clinical applications; nutrition through the life cycle; and sports nutrition throughout the text to highlight applied nutrition concepts.
• “Food Matters” boxes provide practical advice on how to meet the recommendations for the 2010 Dietary Guidelines for Americans. Students can apply the information from the chapter to the Dietary Guidelines by reading the material and then reflecting on the series of strategies provided.

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© 2013, 736pp, Paperback, 9780840058393
Nutrition is personal. Knowledge is power. PERSONAL NUTRITION, 8E, International Edition helps students turn knowledge into the power to make changes and live smarter. Created to help students be smarter consumers, PERSONAL NUTRITION, 8E, International Edition builds the scientific foundation of nutrition through an accessible narrative and application. The functional presentation of vitamins and minerals provides students with a meaningful context for understanding their importance in maintaining good health. By engaging students through practical examples and exercises, the content empowers them with the knowledge and tools to make smart decisions regarding their personal nutrition and health. Updated with 2010 Dietary Guidelines and new learning objectives, the Eighth Edition presents current information in a format that focuses students on the most important topics. PERSONAL NUTRITION, 8E, International Edition motivates students to become informed consumers and to make changes in their everyday life — starting now.

NEW TO THIS EDITION

• New! Detachable Study Cards at the end of the book include chapter reviews that previously appeared at the end of each chapter.

• New! Nutrition CourseMate brings course concepts to life with interactive learning, study, and exam preparation tools that support PERSONAL NUTRITION. Instructors can easily track student’s participation and engagement in course materials through a unique engagement tracker. Students have access to an interactive eBook, Nutrition Tutorials, Pop-Up Tutors, quizzes, videos, flashcards, and more.

• Responding to reviewer requests, additional menus have been added in “Savvy Diner” and “Eat Well, Be Well” boxes.

• Vitamins and minerals are presented according to function in the body. In this edition, the coverage is split into two chapters (Chapter 7 and Chapter 8) to help students better understand the concepts.

• The Eighth Edition includes the latest research and data on current dietary recommendations, childhood obesity and weight management, heart-healthy fats, organic foods, athletes and supplements, nutrition and cancer, and more.

FEATURES

• Each chapter provides activities that incorporate Diet Analysis Plus, the market-leading diet analysis software, to help students directly relate nutritional concepts to their own lives.

• A “Nutrition Scorecard” quiz in each chapter encourages students to compare their own behavior and knowledge with nutrition principles and guidelines for healthy eating. Topics include “Rate Your Fats and Health IQ,” “Healthy Weight,” and “Estimate Your Protein Intake.”

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© 2013, 608pp, Paperback, 9781111572402

STUDY GUIDE FOR SIZER/WHITNEY’S NUTRITION: CONCEPTS AND CONTROVERSIES, 13E
Frances Sizer; Ellie Whitney

© 2014, 272pp, Paperback, 9781133609933

STUDY GUIDE FOR WHITNEY/ROLFES’ UNDERSTANDING NUTRITION, 13E
Eleanor Noss Whitney; Sharon Rady Rolfes

This study guide is replete with practice questions to help you focus on key concepts and prepare for exams! Fill-in-the-blank chapter summaries, multiple-choice sample tests, and short answer and discussion questions review important information from each section; new matching exercises and crossword puzzles help you recognize key terms; and calculation problems and figure identification items allow you to practice nutrition-related math and chemistry.

© 2013, 240pp, Paperback, 9781133604433

Wadsworth, a part of Cengage Learning, is pleased to partner with Dallas TeleLearning and the LeCroy Center for Educational Telecommunication by publishing a text-specific Student Course Guide for the Nutrition Pathways Telecourse. The guide is designed to help connect the course to the assigned text (Understanding Nutrition 13th Edition) and maximize student learning. The Student Course Guide features chapter and video assignments, lesson overviews, chapter learning objectives, key lesson concepts, and a practice test for each lesson. A must have for every student!

© 2013, 352pp, Paperback, 9781133604488
UNDERSTANDING NUTRITION, 13E
Eleanor Noss Whitney; Sharon Rady Rolfes

Used by more than one million students, Ellie Whitney and Sharon Rady Rolfes’ UNDERSTANDING NUTRITION is THE best-selling introductory nutrition text on the market today! While maintaining the stellar quality and support that discerning instructors demand for the majors course, the Thirteenth Edition takes UNDERSTANDING NUTRITION to a new level with an integrated pedagogy, along with an emphasis on active learning, assignable content, and integrated resources that support instructors’ course objectives and students’ future career opportunities. From its beautiful and carefully developed art program to its strong science base, contemporary coverage, and market-leading supplements, the Thirteenth Edition of UNDERSTANDING NUTRITION connects with its readers and continues to set the standard for texts in this market. This text includes 20 chapters beginning with core nutrition topics, such as diet planning, macronutrients, vitamins and minerals, and following with chapters on diet and health, fitness, life span nutrition, food safety, and world hunger. Praised for its consistent level, approachable narrative, and careful explanations of key topics, UNDERSTANDING NUTRITION connects with students—engaging them as it teaches the basic concepts and applications of nutrition. Take a fresh look at UNDERSTANDING NUTRITION.

NEW TO THIS EDITION
• Learning Objectives have been added for the first time in this edition. Each learning objective is tied to a main section of the chapter (called Learn It) and repeated as reinforcement in the end-of-section summary (called Review It). Learning objectives also appear in the study cards at the back of the book (Study It) and quiz questions (Test It).
• Nutrition in Your Life, which appears at the beginning of each chapter and serves to provide a personal application of chapter content for the student, is now explicitly tied to the Nutrition Portfolio at the end of the chapter, which includes a related activity to be done in Diet Analysis Plus.
• Updated coverage throughout every chapter in the Thirteenth Edition presents the field’s latest developments, including the USDA’s new MyPlate Food Guide, Dietary Guidelines for Americans 2010, and nutrition and health objectives from the Healthy People 2020. In addition, the newest dietary guidelines for vitamin D, calcium, and sodium have been included.
• Chapter 9’s coverage of obesity and overweight has been thoroughly updated to reflect the considerable research on the topic in the last three years. A new How To box discusses ways of identifying fad diets and weight-loss scams.
• The Highlight for Chapter 3 now contains a section on celiac disease. Chapter 4 contains a new box: How To Reduce the Intake of Added Sugars, and Chapter 14 contains a new How To on calculating the carbohydrate concentration of sports drinks. These are just a few of the hundreds of updates throughout.

FEATURES
• Pop-up Tutors are lecture videos developed by Dr. Jessica Coppola at Sacramento City College that reinforce key concepts and provide students with further instruction and practice on particularly difficult topics; such as, metabolism, digestion, and absorption. Students can access the Pop-up Tutors via WebTutor for BlackBoard and WebCT.
• Detachable Study Cards at the end of the book provide concise summaries of the key chapter concepts along with key figures and study questions. These cards are perforated and designed for students to use as a quick review for exams.
• At the end of each chapter, “Nutrition Portfolio” sections invite students to evaluate and compare their personal dietary choices with dietary goals introduced in the text by completing an activity in Diet Analysis Plus.
• “How To” sections guide readers through problem-solving tasks such as calculating energy intake from the grams of carbohydrate, fat, and protein in a
food. Each “How To” feature is accompanied by “Try It” activities for students to practice these skills.

• WebTutor Premium, your complete solution for Nutrition, provides course management tools for instructors and various online study tools for your students. Each chapter in UNDERSTANDING NUTRITION prompts students to use online resources: review quizzes, Pop-up Tutors, animations, case studies, interactive exercises, and more. Easy to assign and track, WebTutor will save time both for instructors and students to better support course goals and learning objectives.

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© 2013, 928pp, Hardback, 9781133587521

NEW EDITION!

UNDERSTANDING NUTRITION, 2E
Australian And New Zealand Edition
Tim Crowe, Deakin University; David Cameron-Smith, University of Auckland, Liggins Institute; Adam Walsh, Deakin University; Eleanor Noss Whitney, Nutrition and Health Associates

Understanding Nutrition is a practical and engaging introduction to the core principles of nutrition. Building upon Ellie Whitney and Sharon Rady Rolfe’s classic text, this second Australian and New Zealand edition equips students to optimise health and wellbeing. With its focus on Australia and New Zealand, the text incorporates current nutrition guidelines, recommendations and public health nutrition issues relevant to this region of the world. This textbook is praised for consistent level and readability, and careful explanations of all key topics (including energy metabolism and other complex processes). It opens with core nutrition topics, such as diet planning, macronutrients, vitamins and minerals, and follows with chapters on diet and health, fitness, life span nutrition and food safety. This book that connects with students - engaging them as it teaches them the basic concepts and applications of nutrition.
NEW TO THIS EDITION
• Updated to reflect the 2013 Dietary Guidelines for Australia and the latest New Zealand Total Diet Surveys
• Updated end of chapter Highlights engage students with a deeper look into selected topics and trends in nutrition
• NEW Current Research in Nutrition boxes provide students with details of leading nutritional research in the region and internationally
• NEW Applications of Research boxes give students an insight into the practical applications of nutritional science.

FEATURES
• Making Nutrition more relevant to your teaching and your students, Australian Dietary Guidelines and Recommended Daily Intake (RDI) standards are used throughout the text.
• Up-to-date local and international research.
• Save time in research and study with Search me! nutrition featuring current local and international papers and articles that are relevant to your teaching and your students.
• Nutrition in Your Life chapter openers introduce and engage students by connecting chapter topics to applications in students’ lives.
• How To sections guide your students through problem-solving tasks; such as, calculating energy intake from the grams of carbohydrate, fat, and protein in a food.
• At the end of each chapter, Nutrition Portfolio sections invite students to evaluate and compare their personal dietary choices with dietary goals introduced in the text.

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© 2014, 848pp, Paperback, 9780170222853
normal and clinical nutrition expertise from registered dietitians, teachers, and researchers. Available with InfoTrac® Student Collections http://gocengage.com/infotrac.

**NEW TO THIS EDITION**

- Created learning objectives relevant to each major topic covered in the chapters.
- Expanded the number and types of review questions listed at the end of the chapters.
- Inserted new photographs, tables, and figures to enhance instruction and student understanding of material presented.
- Incorporated information from ChooseMyPlate, the 2010 Dietary Guidelines, and the 2020 Health Objectives for the Nation.
- New research on the roles played by healthful diets, nutrients, gene variants and nutrient–gene interactions, body fat, physical activity, and dietary supplements illustrated by tables, graphs, and figures.
- Added detailed information on the emerging emphasis on electronic medical records, evidence-based health care services, and standardization of care delivery.
- Included discussion of the new nutrition care process standards developed and implemented by the Academy of Nutrition and Dietetics.
- Updated each of the following resources: 2010 WHO recommendations on breastfeeding and HIV, NIH allergy guidelines and for lactose and soy formula, IUGR growth charts, NHANES 2009-10 overweight and obesity data, new info from NHLBI expert panel recommendations on evidence-based cardiovascular health guidelines, ADA Exchange Lists for diabetes meal planning.

**FEATURES**

- Emphasis throughout the text on the nutrition care process standards developed by the American Dietetic Association. This new emphasis is important because the practice of dietetics and nutrition is changing due to the emerging emphasis on electronic medical records, evidence-based health care services, and standardization of care delivery. The following additions have been made to the Fourth Edition to incorporate the nutrition care process: 1. Expanded coverage of nutrition assessment in all chapters. New content in Case Studies related to the nutrition care process. Added nutrition biomarker values by life cycle stages.
- New Review Questions at the end of Chapters 2-10.

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**NUTRITION THROUGH THE LIFE CYCLE, INTERNATIONAL EDITION, 4E**

*Judith E. Brown, University of Minnesota; Janet Isaacs; Bea Krinke; Ellen Lechtenberg*

The most respected nutrition life cycle text, NUTRITION THROUGH THE LIFE CYCLE, 4e, International Edition uses current research to explain the nutritional foundations necessary for the growth, development, and normal functioning of individuals in each stage.
of the life span. From preconception to the final stages of life, this text covers clinical and nutritional interventions for each part of the life cycle. The text is organized systematically, with clinical nutrition topics following normal nutrition topics. The text maintains a consistent level of pedagogy throughout, highlighting key nutrition concepts, nutritional needs, nutrition and health disease outcomes, model programs, and case studies. NUTRITION THROUGH THE LIFE CYCLE, 4th Edition features an expert author team, this text benefits from a broad range of normal and clinical nutrition expertise from registered dietitians, teachers, and researchers.

NEW TO THIS EDITION

• New Emphasis throughout the text on the nutrition care process standards developed by the American Dietetic Association. This new emphasis is important because the practice of dietetics and nutrition is changing due to the emerging emphasis on electronic medical records, evidence-based health care services, and standardization of care delivery. The following additions have been made to the Fourth Edition to incorporate the nutrition care process: 1. Expanded coverage of nutrition assessment in all chapters. 2. New content in Case Studies related to the nutrition care process. 3. Added nutrition biomarker values by life cycle stages.
• New Review Questions at the end of Chapters 2-10.
• Increased emphasis on the use of SI units.
• Substantial updates in every chapter based on research since the last edition was published.
• Expanded presentation of oxidative stress, free radicals, antioxidants, chronic inflammation, and their relationship to diet and disease states from infertility to aging.
• Expanded coverage of ethnic disparities in health status.
• Incorporated presentations of mechanisms underlying nutrition and disease relationships throughout.

FEATURES

• Several of the chapters were developed with the help of a team of expert authors who are actively engaged in clinical practice, teaching, or research related to nutrition during the specific phase of the life cycle.
• The first chapter for each life cycle phase covers normal nutrition topics, and the following chapter covers nutrition-related “conditions and interventions.”
• “Key Nutrition Concepts” begin each chapter to prepare students for what they will learn.

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NORMAL & CLINICAL NUTRITION/MEDICAL NUTRITION THERAPY

MEDICAL NUTRITION THERAPY, 4E
A Case Study Approach, International Edition
Marcia Nelms, The Ohio State University; Sara Long Roth, Southern Illinois University

Building a bridge from classroom to clinical practice,
this casebook is composed of 34 realistic case studies appropriate for introductory and advanced level courses in nutrition and diet therapy. Each case study uses the medical record as its structure. The student "solves the case" by using the medical record information provided such as hospital admission data, laboratory test results, intake/output records, and the physician's progress notes. The case is followed by a series of questions that focus on pathophysiology; assessment; clinical, nutritional and behavioral outcomes; interventions; and appropriate follow-up for the patient. This "real world" approach helps to prepare the student for the professional setting. Objectives for student learning within each case are built around the nutrition care process and competencies for dietetic education.

NEW TO THIS EDITION

• The 4th edition offers a larger variety of briefer cases, increasing topic selection and reducing completion/grading time requirements.
• Includes new cases on bariatric surgery, malnutrition in chronic disease, irritable bowel syndrome, acute pancreatitis, pediatric and adult type 1 and type 2 diabetes, chronic kidney disease, acute kidney injury, anemia in pregnancy, pernicious anemia, Parkinson's disease, sepsis, and burns.
• Questions for revised cases have been rewritten so that each case features a smaller number of more focused questions.
• New case layout and organization more closely resemble the electronic medical record.
• Intake/output records and nursing assessment charts are now included for hospitalized patients.
• Cases incorporate up-to-date medications, surgical and other treatments, tests, and normal lab values to simulate current clinical practice.

FEATURES

• Questions for each case are organized using the nutrition care process.
• Thirty-four case studies place the student in situations that force integration of knowledge from many sources, support use of previously learned information, put the student in a decision-making role, and nurture critical thinking.
• Using the medical record as the structure for each, the cases represent the most common diagnoses that rely on nutrition therapy as an essential component of medical care as well as those in which nutrition therapy plays a supporting role.
• The concepts presented in the cases can apply to many medical conditions other than the ones presented.

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© 2014, 456pp, Paperback, 9781133593164

NORMAL AND CLINICAL NUTRITION, INTERNATIONAL EDITION, 9E
Sharon Rady Rolfes; Kathryn Pinna, City College of San Francisco; Ellie Whitney

NORMAL AND CLINICAL NUTRITION, 9E, International Edition provides the most current and comprehensive coverage of the fundamentals of nutrition and nutrition therapy for an introductory course. The early chapters focus on “normal” nutrition, including digestion and metabolism, vitamins and minerals, and life cycle nutrition. The later chapters cover “clinical” nutrition—the pathophysiology and nutrition therapy for a wide range of medical conditions. The text integrates practical information and valuable resources to help students apply nutrition knowledge and skills to their daily lives and the clinical setting. Features, such as case studies, “How To” boxes with real-world examples, and study cards, help students apply the material and build their conceptual understanding. Regardless of the students’ background, the consistent level, approachable narrative, and careful explanations in NORMAL AND CLINICAL NUTRITION, 9E, International Edition will engage students and enable them to be actively involved in the field of nutrition.

NEW TO THIS EDITION
- New! Cengage Learning’s Nutrition CourseMate brings course concepts to life with interactive learning, study, and exam preparation tools that support NORMAL AND CLINICAL NUTRITION, 9E, International Edition. Instructors can easily track students' participation and engagement in course materials through a unique engagement tracker. Students have access to an interactive eBook.
- New! Highlight in Chapter 4 explores the roles of carbohydrates in weight gain and in weight loss.
- New! “Try It” activities added to this edition accompany the “How To” lessons to promote active learning and encourage students to practice the problem-solving tasks outlined in the “How To” sections.
- New! Activities in the “Nutrition Portfolio” feature, now correlated to Diet Analysis Plus, require students to use the dietary tracking information to evaluate and compare their personal dietary choices with dietary goals introduced in the text, exploring how their knowledge and behaviors have changed as their understanding of the science of nutrition improves.
- New! Cengage Learning’s Nutrition CourseMate brings course concepts to life with interactive learning, study, and exam preparation tools that support NORMAL AND CLINICAL NUTRITION, 9E, International Edition. Instructors can easily track students' participation and engagement in course materials.
- Enhanced pedagogy in the clinical nutrition chapters—including reorganized tables with new sample menus for fat-controlled and gluten-free diets and new tables presenting types of anemia and the potassium content of fruits and vegetables—distills key nutrition therapy principles while reinforcing them with practical examples.
- Redesigned “Diet-Drug Interactions” feature provides important reference information in an accessible format.
- Detachable Study Cards at the end of the book give students a quick, portable way to review for exams. These perforated cards provide concise summaries of the key chapter concepts, along with key figures and study questions.
- “Dietary Guidelines for Americans” boxes in the normal nutrition chapters, newly updated for the 2010
release, help students review and retain important points and recommendations as they relate to key chapter material.

• Updated coverage throughout every chapter presents the field's latest developments and evidence-based practice guidelines, including additional information on nutritional genomics and a new figure illustrating nutrient regulation of gene expression; coverage of the 2010 Dietary Guidelines for Americans and the ACSM's 2008 Physical Activity Guidelines for Americans; new RDA for calcium and vitamin D; more information on childhood obesity; the latest nutrition therapy recommendations for diabetes and chronic kidney disease from the American Diabetes Association and National Kidney Foundation, respectively; and research updates on dozens of other topics.

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© 2012, 1184pp, Paperback, 9781111427146
NUTRITION FOR HEALTH AND HEALTHCARE, 5E
Linda Kelly DeBruyne; Kathryn Pinna, City College of San Francisco

Current, practical information in a real-world context for future nurses and health care professionals. NUTRITION FOR HEALTH AND HEALTH CARE is a trusted text that demonstrates the important role of nutrition to future nurses and health care professionals in their future careers. The text begins by covering basic nutrition concepts and proceeds with clinical topics organized by organ systems, linking nutrition to different disease states, such as diabetes, renal disease, and liver disorders. Each chapter includes practical information, current research, and clinical practice guidelines for addressing nutrition concerns and incorporating nutrition into care plans. Use all of the valuable resources that accompany NUTRITION FOR HEALTH AND HEALTH CARE to prepare and manage your course.

NEW TO THIS EDITION
• Coverage of new public health initiatives and recommendations, including Healthy People 2020 nutrition and weight status objectives, the 2010 Dietary Guidelines for Americans, MyPlate, and vitamin D and calcium recommendations.
• Coverage of the latest research on the causes and classification of malnutrition, the impact of the built environment on lifestyle and health, the degree of energy restriction required for weight loss, potassium and hypertension, magnesium and disease, benefits of alcohol intake, the clinical effects of altering omega-3 and omega-6 fatty acid intakes, hypocaloric feeding of obese critical care patients, medical treatment of kidney stones, and many other topics.
• Information on emerging trends, such as nutrient profiling, oral supplement products and use, and “room service style” hospital foodservice.
• New figures or photos depicting food package health claims, complex carbohydrate structures, dietary sources of added sugars and solid fats, food choices that saturated with unsaturated fats, pressure sores, and acute effects of insulin deficiency.
• New “How To” feature providing suggestions for reducing added sugars intake.
• New tables on recognizing solid fats on food labels, identifying weight-loss scams, fat- versus water-soluble vitamins, tips for consuming phytochemicals, breast feeding benefits, disorders of nutrient metabolism, prevention of oral disease, high-phosphorus foods, and menus for chronic kidney disease patients.

FEATURES
• Updated “Nutrition in Practice” features at the end of every chapter focus on popular trends in the field related to the chapter material.
• Thoroughly updated with the latest nutrition research and clinical practice guidelines, including information on the Dietary Guidelines for Americans, obesity/bariatrics, nutrition therapy for chronic kidney disease, and much more.
• Updated examples of nursing diagnoses, new sample menus, and updated therapeutic diet tables connect nutrition concepts to practical patient care.
• Cengage Learning’s Nutrition CourseMate brings course concepts to life with interactive learning, study, and exam preparation tools that support the printed textbook. Watch student comprehension soar as your class works with the printed textbook and the textbook-specific website. Nutrition CourseMate goes beyond the book to deliver what you need! Learn more at cengage.com/coursemate

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© 2014, 880pp, Paperback, 9781133599111

NUTRITION THERAPY AND PATHOPHYSIOLOGY, 2E
Marcia Nahikian Nelms, The Ohio State University; Kathryn P. Sucher, San Jose State University, Dept of Food and Nutrition; Karen Lacey, University of Wisconsin - Green Bay; Sara Long Roth, Southern Illinois University

NUTRITION THERAPY AND PATHOPHYSIOLOGY, 2e provides a comprehensive focus on pathophysiology and medical treatment with a thorough review of the most current research and application of evidence-based nutritional care for students, clinicians and researchers. The Second Edition not only continues to provide an all-in-one resource for the study of nutrition therapy, but also more closely integrates the nutrition care process through a reorganization of chapters and its pedagogy. NUTRITION THERAPY AND PATHOPHYSIOLOGY strives to educate students about not only facts and theories that comprise current medical knowledge, but also the process of skill development that empowers students to grow in expertise within their field.

NEW TO THIS EDITION
• Reorganized chapters (especially in Part IV: Nutrition Therapy) more closely mirror the steps of the nutrition care process.
• New! Chapter 4: Nutrition Intervention builds on the intervention terminology in Chapter 2 to explain the process of developing interventions, and includes coverage of both nutrition education and nutrition counseling with a focus on their use in acute care.
• Chapter 9: Cellular and Physiological Response to Injury: The Role of the Immune System integrates basic concepts of cellular injury, the physiological response, and immunology by combining Chapters 10 and 12 from the first edition to illustrate how the immune response occurs alongside this physiological response to injury and disease.
• Nutrition therapy within each systems chapter has been augmented with an emphasis on real-life application of the standards in patient care and has been updated with the latest evidence-based practice to prepare students to apply the nutrition therapy guidelines when interacting with patients and other health professionals.
• Moved from the appendix into each chapter, specific diets and food recommendations present a clear picture of which foods are recommended for or excluded from therapeutic diets in order to achieve the desired energy and nutrient levels.
• New “Life Cycle Perspectives” boxes focus on nutrition therapy for pediatric and pregnant clients to help students understand the ways nutrition therapy for certain conditions is individualized to meet the special needs of infants, children, and/or pregnant women.

FEATURES
• Ideal coverage for instructors who want a text focused on “clinical” or “diet therapy” topics without the basic nutrition chapters.
• An emphasis on pathophysiology clearly connects nutrition therapy practices and expected outcomes to underlying disease processes at each level of organization, from cells to organ systems.
• In-chapter boxes throughout the text focus students on topics related to clinical applications, research,
brief historical developments in nutrition, and nutrition therapy for special populations.

- “Practitioner Interviews” provide real-life perspectives on working with patients in different specializations as well as advice for dietetic interns.

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STUDY GUIDE FOR WHITNEY/DEBRUYNE/PINNA/ROLFES’ NUTRITION FOR HEALTH AND HEALTHCARE, 5E
Linda Kelly DeBruyne; Kathryn Pinna, City College of San Francisco

The study guide provides students with a detailed review of chapter material, reiterating chapter objectives and key concepts. The guide challenges students with a variety of exercises designed to test their recall of chapter material and assist them with exam preparation. The fifth edition is thoroughly updated and includes new short answer and discussion items.

© 2014, 272pp, Paperback, 9781133600589

NUTRITION COUNSELING

© 2011, 1232pp, Hardback, 9781439049624

NUTRITION COUNSELING AND EDUCATION SKILL DEVELOPMENT, INTERNATIONAL EDITION, 2E
Kathleen D. Bauer, Montclair State University; Doreen Liou, Montclair State University; Carol A. Sokolik

BASIC NUTRITION COUNSELING SKILL DEVELOPMENT, 2E, International Edition is a step-by-step guide to help entry-level practitioners through the basic components
involved in changing food behavior and improving nutritional status. This book provides nutritional professionals with a solid foundation of counseling and education principles, opportunities to practice new skills, and knowledge of evaluation methodologies in an organized, accessible, and engaging approach. The author's clear style helps readers translate theoretical perspectives on nutrition counseling into actual effective dialogues between client and counselor to influence client knowledge, skills, and attitudes. In addition, since the goals and objectives of nutrition counselors and educators complement each other, the scope of this text has expanded to include elements unique to nutrition education.

NEW TO THIS EDITION

- Keys to Nutrition Education Interventions. Since nutrition education and counseling share many commonalities, Chapters 11 and 12 expands the scope of the second edition by incorporating principles of nutrition education.
- Nutrition Care Process (NCP). Chapter 5 provides an overview of the American Dietetic Association NCP and chapter 2 reviews the theoretical approaches covered in the NCP intervention guidelines. Emphasis is placed on developing PES (Problem-Etiology-Symptom) statements and ADIME (Assessment, Diagnosis, Intervention, Monitoring and Evaluation) documentation.
- Expansion of Motivational Interviewing (MI). Using MI to influence health behaviors has become widely accepted. The review of the approach found in Chapter 2 is covered in more depth than the first edition. As in the first edition, the Nutrition Counseling Motivation Algorithm found in Chapter 4 uses the guiding tenets of MI.
- Incorporation of Factors Influencing Food Behavior. Chapter 1 explores the multitude of factors affecting food behavior.
- Expansion of Communication with Diverse Population Groups. Chapter 9 explores the meaning of cultural competence in the health care arena and examines special counseling, education, and communication issues related to selected populations groups.
- Expansion of Group Facilitation and Group Counseling. In order to accommodate learning experiences related to group work, chapter 10 has been added to explore the effectiveness of this strategy.

- New! Global Nutrition Watch accompanies this text at no additional cost to bring currency to the classroom. Updated daily, this resource provides convenient access to thousands of current academic journals, newspaper and magazine articles, and videos and podcasts for students to expand their learning and use these sources for projects and assignments.

FEATURES

- Practical examples: Recognizing that nutrition education and counseling takes place in a variety of settings, concrete examples, case studies, and first person accounts are presented representing a variety of wellness, private practice and institutional settings.
- Action based learning: Exercises are integrated into the text to give students ample opportunity and encouragement to interact with the concepts covered in each chapter. Each chapter has a culminating assignment and a case study that integrates all or most of the major topics covered throughout the chapter. Instructors can choose to assign the activities to be done individually at home or used as classroom activities.
- Evidence-based approaches, grounded in behavior change models and theories, found to be effective for educational and counseling interventions are analyzed and integrated into skill development exercises.

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PART I: AN INTRODUCTION TO WEIGHT MANAGEMENT.

© 2012, 464pp, Paperback, 97811111574284
NUTRITION AND DIET THERAPY is the only text organized by diets rather than by organ systems or disease states and distinguishes itself through rich pedagogical features that get students to apply their knowledge as they are learning it. It provides core nutrition concepts and up-to-date clinical content at a level that is accessible to the range of health care team members who are responsible for a client’s nutrition needs. The text provides the basic facts and a wealth of practical information readers need to assume their responsibility for nutrition care.

NEW TO THIS EDITION

• NUTRITION AND DIET THERAPY is the only diet therapy text organized by diets. It is also broken into four distinct parts (basic nutrition, nutrition through the life cycle, nutrition in health care, and diet therapy) and gets students involved in their learning by including chapter reviews, applications, case studies, and calculation practice. This text will get students in the position of success for future careers in nutrition therapy.

• Thoroughly updated, the text covers the latest research and highlights in nutrition and diet therapy, including information on the nutrition care process, bariatric surgery, inflammatory bowel diseases, and new nutrition guidelines for most major chronic diseases.

• The text has been reorganized to make it leaner and better focused on the content students need to know to be successful in their future careers. The text has been resigned into 25 chapters (vs. the previous 28), with a new Chapter 15 on “Illness and Nutrition Care, and Chapter 17 on “Specialized Nutrition Support: Enteral and Parental Nutrition.”

• Reviewer-praised Nutrition in Practice features at the end of every chapter explore current topics and specialty areas in fascinating detail. NEW topics in this edition include: “Figuring Out Fats,” “Food-borne Illnesses,” “Fad Diets,” and “Probiotics and Intestinal Health.”

• “How To” boxes include step-by-step guides to estimations, calculations, and other facets of diet planning. Students are able to apply their critical thinking and mathematical skills.

• DIET ANALYSIS PLUS 8.0, available online and on a Win/Mac CD-ROM, this updated diet analysis program includes over 22,000 foods, over seven reports for analysis, the ability to add foods, create multiple patient profiles, and even create recipes! For more information and ordering instructions, visit academic.cengage.com/nutrition or contact your local Cengage Learning representative.

• Interested in creating a text that fits your course syllabus more specifically? Custom publishing is a great option for doing just that. Pick and organize the chapters as you wish. For more information about custom options, contact your local Wadsworth representative or call 800-423-0563. Restrictions do apply.

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NUTRITION AND DIET THERAPY, INTERNATIONAL EDITION, 8E
Linda Kelly DeBruyne; Kathryn Pinna, City College of San Francisco; Eleanor Noss Whitney

NUTRITION AND DIET THERAPY, 8e, International Edition is unique in its organization by diets rather than by organ systems or disease states and distinguishes itself through rich pedagogical features that require students to apply their knowledge as they learn it. This text provides core nutrition concepts and up-to-date clinical content at a level that is accessible to the range of health care team members who are responsible for a client’s nutrition needs. NUTRITION AND DIET THERAPY, 8e, International Edition provides the basic facts and a wealth of practical information readers need to assume their responsibility for nutrition care.

NEW TO THIS EDITION
- New Cengage Learning’s Nutrition CourseMate* brings course concepts to life with interactive learning, study, and exam preparation tools that support NUTRITION AND DIET THERAPY, 8e, International Edition. Instructors can easily track students participation and engagement in course materials through a unique engagement tracker. Students have access to an interactive eBook.
- New personal nutrition and health recommendations:* The latest authoritative recommendations, including the 2010 Dietary Guidelines for Americans, new RDA for calcium and vitamin D, the 2008 Physical Activity Guidelines for Americans, and guidelines from the American Heart Association and American Cancer Society.
- New evidence-based practice guidelines:* Up-to-date Institute of Medicine pregnancy weight gain goals for obese women; vitamin D recommendations for infants and children from the American Academy
of Pediatrics; and nutrition therapy guidelines for diabetes and chronic kidney disease from the American Diabetes Association and National Kidney Foundation, respectively.

- Reorganization of key topics:* Updated discussions of protein turnover and functions, bariatric surgery, and viral hepatitis; parallel placement of the risks of overweight and underweight; and relocation of several “Nutrition in Practice” features to better align with the main chapter topics.
- New and enhanced pedagogy:* More detailed reference tables and new sample menus for therapeutic diets; new tables presenting vegetarian sources of key nutrients and physical activity strategies for weight management; reorganized tables on fat-controlled and gluten-free diets; redesigned Diet-Drug Interactions features.
- New and enhanced figures and photos* to help students visualize key topics.

FEATURES

- NUTRITION AND DIET THERAPY, 8e, International Edition is organized by diets and broken into four distinct parts (basic nutrition, nutrition through the life cycle, nutrition in health care, and diet therapy).
- Reviewer-praised “Nutrition in Practice” features appear at the end of every chapter and explore current topics and specialty areas that relate to students’ future careers.
- “How To” boxes include step-by-step guides to estimations, calculations, and other facets of diet planning. Students are able to apply their critical thinking and mathematical skills.
- Sample menus provide students with practical examples of meals tailored to meet the nutritional needs of an individual with a specific medical condition. New sample menus for therapeutic diets are included in this edition.

CONTENTS

Current, practical information in a real-world context for future nurses and health care professionals. NUTRITION FOR HEALTH AND HEALTH CARE, 4e, International Edition is a trusted text that demonstrates the important role of nutrition to future nurses and health care professionals in their future careers. The text begins by covering basic nutrition concepts and followed by clinical topics organized by organ systems, linking nutrition to different disease states, such as diabetes, renal disease, and liver disorders. Each chapter includes practical information, current research, and clinical practice guidelines for addressing nutrition concerns and incorporating nutrition into care plans. Use all of the valuable resources that accompany NUTRITION FOR HEALTH AND HEALTH CARE, 4e, International Edition to prepare and manage your course.

NEW TO THIS EDITION

• New Updated “Nutrition in Practice” features at the end of every chapter focus on popular trends in the field related to the chapter material. New topics include food safety (Chapter 2), expanded coverage on childhood obesity (Chapter 11), and probiotics (Chapter 18).

• New Thoroughly updated with the latest nutrition research and clinical practice guidelines, including information on physical activity recommendations, obesity/bariatrics, nutrition therapy for liver disease, and much more.

• New examples of nursing diagnoses, new sample menus, and updated therapeutic diet tables connect nutrition concepts to practical patient care.

• New Cengage Learning’s Nutrition CourseMate brings course concepts to life with interactive learning, study, and exam preparation tools that support the printed textbook. Watch student comprehension soar as your class works with the printed textbook and the textbook-specific website. Nutrition CourseMate goes beyond the book to deliver what you need! Learn more at cengage.com/coursemate

FEATURES

• “Review Notes” provide concise bulleted reviews of content in the main sections within each chapter.

• “Case Study” boxes in the clinical chapters encourage students to explore how the information presented in the chapter can be applied to real-world situations.

• NCLEX review questions appear in end-of-chapter material to help students better prepare for the national nursing exam.

• The “Nursing Diagnosis” marginal features can help nursing students correlate nutrition care with nursing care.

• “Nutrition Assessment Checklist” boxes highlight the assessment parameters particularly relevant to specific stages of the life cycle or groups of disorders.

• “Clinical Application” sections encourage readers to practice mathematical calculations, synthesize information from previous chapters, or understand how dietary modifications affect patients.

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NEW EDITION!

CourseMate

eBook

NUTRITION FOR HEALTH AND HEALTHCARE, 5E
Linda Kelly DeBruyne; Kathryn Pinna, City College of San Francisco

Current, practical information in a real-world context for future nurses and health care professionals. NUTRITION FOR HEALTH AND HEALTH CARE is a trusted text that demonstrates the important role of nutrition to future nurses and health care professionals in their future careers. The text begins by covering basic nutrition concepts and proceeds with clinical topics organized by organ systems, linking nutrition to different disease states, such as diabetes, renal disease, and liver disorders. Each chapter includes practical information, current research, and clinical practice guidelines for addressing nutrition concerns and incorporating nutrition into care plans. Use all of the valuable resources that accompany NUTRITION FOR HEALTH AND HEALTH CARE to prepare and manage your course.

NEW TO THIS EDITION

• Coverage of new public health initiatives and recommendations, including Healthy People 2020 nutrition and weight status objectives, the 2010 Dietary Guidelines for Americans, MyPlate, and vitamin D and calcium recommendations.
• Coverage of the latest research on the causes and classification of malnutrition, the impact of the built environment on lifestyle and health, the degree of energy restriction required for weight loss, potassium and hypertension, magnesium and disease, benefits of alcohol intake, the clinical effects of altering omega-3 and omega-6 fatty acid intakes, hypocaloric feeding of obese critical care patients, medical treatment of kidney stones, and many other topics.
• Information on emerging trends, such as nutrient profiling, oral supplement products and use, and
“room service style” hospital foodservice.

- New figures or photos depicting food package health claims, complex carbohydrate structures, dietary sources of added sugars and solid fats, food choices that saturated with unsaturated fats, pressure sores, and acute effects of insulin deficiency.
- New “How To” feature providing suggestions for reducing added sugars intake.
- New tables on recognizing solid fats on food labels, identifying weight-loss scams, fat- versus water-soluble vitamins, tips for consuming phytochemicals, breast feeding benefits, disorders of nutrient metabolism, prevention of oral disease, high-phosphorus foods, and menus for chronic kidney disease patients.

**FEATURES**

- Updated “Nutrition in Practice” features at the end of every chapter focus on popular trends in the field related to the chapter material.
- Thoroughly updated with the latest nutrition research and clinical practice guidelines, including information on the Dietary Guidelines for Americans, obesity/ bariatrics, nutrition therapy for chronic kidney disease, and much more.
- Updated examples of nursing diagnoses, new sample menus, and updated therapeutic diet tables connect nutrition concepts to practical patient care.
- Cengage Learning’s Nutrition CourseMate brings course concepts to life with interactive learning, study, and exam preparation tools that support the printed textbook. Watch student comprehension soar as your class works with the printed textbook and the textbook-specific website. Nutrition CourseMate goes beyond the book to deliver what you need! Learn more at cengage.com/coursemate

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© 2014, 880pp, Paperback, 9781133599111
current medical knowledge, but also the process of skill development that empowers students to grow in expertise within their field.

NEW TO THIS EDITION
• Reorganized chapters (especially in Part IV: Nutrition Therapy) more closely mirror the steps of the nutrition care process.
• New! Chapter 4: Nutrition Intervention builds on the intervention terminology in Chapter 2 to explain the process of developing interventions, and includes coverage of both nutrition education and nutrition counseling with a focus on their use in acute care.
• Chapter 9: Cellular and Physiological Response to Injury: The Role of the Immune System integrates basic concepts of cellular injury, the physiological response, and immunology by combining Chapters 10 and 12 from the first edition to illustrate how the immune response occurs alongside this physiological response to injury and disease.
• Nutrition therapy within each systems chapter has been augmented with an emphasis on real-life application of the standards in patient care and has been updated with the latest evidence-based practice to prepare students to apply the nutrition therapy guidelines when interacting with patients and other health professionals.
• Moved from the appendix into each chapter, specific diets and food recommendations present a clear picture of which foods are recommended for or excluded from therapeutic diets in order to achieve the desired energy and nutrient levels.
• New “Life Cycle Perspectives” boxes focus on nutrition therapy for pediatric and pregnant clients to help students understand the ways nutrition therapy for certain conditions is individualized to meet the special needs of infants, children, and/or pregnant women.

FEATURES
• Ideal coverage for instructors who want a text focused on “clinical” or “diet therapy” topics without the basic nutrition chapters.
• An emphasis on pathophysiology clearly connects nutrition therapy practices and expected outcomes to underlying disease processes at each level of organization, from cells to organ systems.
• In-chapter boxes throughout the text focus students on topics related to clinical applications, research, brief historical developments in nutrition, and nutrition therapy for special populations.
• “Practitioner Interviews” provide real-life perspectives on working with patients in different specializations as well as advice for dietetic interns.

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© 2011, 1232pp, Hardback, 9781439049624
Nutrition, Exercise, and Behavior: An Integrated Approach to Weight Management is designed for students and professionals in a variety of disciplines who need to understand the basic principles of weight management. It incorporates a multifaceted, public health approach to issues of weight management—examining not only individual factors, but societal, family, and environmental factors contributing to eating disorders and overweight/obesity. The text includes detailed coverage of assessment techniques, behavioral and non-behavioral treatment approaches, and prevention strategies.

**NEW TO THIS EDITION**
- New! A Case Study is integrated in each chapter with multiple parts and discussion questions which promote active learning and application of material to real-life scenarios.
- Chapter reorganization moved Chapter 3: Energy Metabolism and Chapter 4: Regulation of Eating Behavior and Body Weight to the beginning of the text in order to provide readers an earlier introduction to the concepts of energy transformation in the body, the components of energy expenditure, and the roles of body systems and genetics in determining how and where we store fat.
- Chapter 5: The Energy Nutrients and Weight Management contains a new section on dietary approaches to weight management.
- New! A sixth section was added to include two new chapters. Chapter 11: Eating Disorders covers identification, prevention, and treatment of eating disorders. Chapter 12: Childhood Obesity was completely rewritten due to the rising rates of childhood obesity. It focuses exclusively on primary, secondary, and tertiary prevention of childhood obesity.
- New! Global Nutrition Watch accompanies this text at no additional cost to bring currency to the classroom. Updated daily, this resource provides convenient access to thousands of current academic journals, newspaper and magazine articles, and videos and podcasts for students to expand their learning and use these sources for projects and assignments.

**FEATURES**
- The text applies concepts from a variety of areas, including nutrition and exercise physiology, to present a comprehensive view of the issues involved in overall weight management.
- Each chapter concludes with a Highlight that explores topics related to the chapter material, such as “The Impact of Low-Fat Foods and Fat Substitutes on Eating Behaviors” in Chapter 4 and “The Value of Physical Activity Through the Life Span” in Chapter 8.
- Personal Self Study features throughout the chapters, such as “Calculate Your BMI” in Chapter 1 and “Reflect on Your Own Biological Makeup” in Chapter 7, encourage students to apply the concepts presented to analyze their own lifestyles, behaviors, and situations. Answers to some of the exercises are provided at the ends of the chapters.

**CONTENTS**
PART I: AN INTRODUCTION TO WEIGHT MANAGEMENT
1. Overweight, Underweight, and Obesity
2. Assessment Approaches in Weight Management

PART II: METABOLIC AND PHYSIOLOGICAL ASPECTS OF WEIGHT MANAGEMENT
3. Energy Metabolism
4. Regulation of Eating Behavior and Body Weight

PART III: NUTRITION FOR HEALTH AND WEIGHT MANAGEMENT
5. The Energy Nutrients and Weight Management
6. Vitamins, Minerals, and Water

PART IV: PHYSICAL ACTIVITY FOR HEALTH AND WEIGHT MANAGEMENT
7. Physical Activity and Exercise: The Basics

PART V: APPROACHES TO WEIGHT MANAGEMENT
NEW TO THIS EDITION

- The new edition includes the most current, cutting-edge scientific information, up-to-date guidelines, and evidence-based recommendations.
- NEW! Focus on Research is designed to help students understand research methods and results as well as highlighting the significance and application of those results.
- NEW! The Application exercise gives students a brief scenario, along with questions, and encourages them to apply the information that they have read.
- NEW! Key points and review questions at the end of each major section assist students in identifying the important information from that last section and test their mastery of that information.
- New! Global Nutrition Watch accompanies this text at no additional cost to bring currency to the classroom. Updated daily, this resource provides convenient access to thousands of current academic journals, newspaper and magazine articles, and videos and podcasts for students to expand their learning and use these sources for projects and assignments.

FEATURES

- Emphasizes the scientific basis for sports nutrition recommendations. Uses current research studies of trained athletes to help students interpret and apply scientific data.
- Integrates nutrition and exercise physiology by explaining basic physiology principles, the physiological responses and adaptations the body has to exercise training and the effects of training on nutritional requirements.
- Provides scientific and practical information about the use of dietary supplements to enhance training and improve performance. Addresses the legality, ethics, safety and effectiveness of a variety of supplements popular with athletes.
- Emphasizes the development of a comprehensive nutrition plan (i.e. nutrition periodization) to meet the individual needs of athletes in training. Illustrates the translation of broad nutritional recommendations and guidelines to specific foods, beverages, snacks and meals with practical, real-life examples for many different sports.
- Two chapters are devoted to the topic of energy to explore difficult concepts in detail, giving students more time to grasp this fundamental information.
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NEW TO THIS EDITION
• Learning Objectives mapped to #1 heads.
• End-of-chapter quizzes are mapped to the chapter’s Learning Objectives.
• Features updated to work more efficiently in electronic format so that students with an eBook have a learning experience on par with those with a traditional text.
• All chapters updated to reflect current research so students get the most accurate and timely information available.
• This edition will have a MindTap Reader.

FEATURES
• The new edition includes the most current, cutting-edge scientific information, up-to-date guidelines, and evidence-based recommendations to ensure that your students have the most accurate, timely and relevant information available.
• Focus on Research helps students understand research methods and results as well as highlighting the significance and application of those results.
• Application exercises give students a brief scenario, along with questions, and encourage them to apply the information that they have read.
• Key points and review questions at the end of each major section assist students in identifying the important information from that last section and test their mastery of that information.
• Emphasizes the scientific basis for sports nutrition recommendations and uses current research studies of trained athletes to help students interpret and apply scientific data.

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