Nutrition: A Functional Approach, Third Canadian Edition introduces non-majors to nutrition with an innovative applied format that discourages rote memorization and promotes long-term understanding of the material. The authors build on students’ natural interest in nutrition by demonstrating in a clear, conversational style how key nutritional information relates to their personal health, and show how to debunk commonly held misconceptions.

The applied approach of this text is reflected in the functional organization of the micronutrient chapters, focusing on the vitamins and minerals and their primary functions within the body. The applied content focuses on four key chapters—fluid and electrolyte balance, antioxidant function, bone health, and energy metabolism and blood health. This thoroughly revised third Canadian edition showcases updated theory and research findings, developing trends, along with a host of engaging new pedagogical features including new In Depth mini-chapters that follow each main chapter, self-assessments and Eating Right All Day meal suggestions.

Pedagogical tools that promote active learning and critical thinking include:

- Chapter Opening Scenarios that start each chapter with a real-life story that engage students with the life-altering effects of diet and exercise.
- Highlight boxes provide insight into topics covered the media, such as mad cow disease or sports beverages.
- Recap paragraphs review key points throughout each chapter and serve as useful study tools.
- A robust art program incorporates high-quality images, graphs, and illustrations that help students visualize the body’s processing of nutrients, conditions created by nutrient deficiencies, and other key concepts.
- End-of-chapter review questions help students assess their retention and understanding of the material they have just covered.

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- **15 In–Depth sections** that provide meaningful and multi–layered treatment of key concepts appear at the end of every chapter. These sections detail important connections between nutrition, health, and disease, such as diabetes, global nutrition, cardiovascular disease, to name a few.

- **End–of–chapter Nutrition Debates** feature in–depth discussions of current issues—such as probiotics, meat–based diets, energy Drinks, bariatric surgery and adolescents, and more.

- **Eating Right All Day** visually highlights tasty suggestions students can use to improve their daily meals. The breakfast/lunch/dinner/snack format features appealing examples of satisfying everyday meals that are also good sources of nutrients.

- **Quick Tips** provides helpful suggestions for incorporating better nutrition into daily life, in succinct lists. Examples include shopping advice, cooking suggestions, food preparation tips, eating out ideas, exercise–related topics, food sources, and other creative ways to apply what readers have learned.

- **What About You?** provides self–assessment opportunities such as checklists, and brief activities that emphasize active learning.

- **Hot Topics** offer brief snapshots of current timely topics that will pique students’ interest.

- **NutriTools activity** overviews incorporated into the chapters on designing healthy diets (Build–a–Meal), carbohydrates (Build–a–Sandwich), fats (Build–a–Pizza), and antioxidants (Build–a–Salad), connect with NutriTools available on MasteringNutrition™.

- **Study on the Go** provides more resources such as videos, self–review quizzes, and glossary flashcards that students can access using their smartphones, allowing them to review 24/7.

MasteringNutrition

MasteringNutrition™ helps students arrive better prepared for lectures and helps professors gain unique insight into their students’ performance. A full eText along with a variety of preparation, assessment, interactive tools and activities are available through MasteringNutrition including access to Get Ready for Nutrition math and chemistry review, pre–lecture tests, NutriCases, NutriTools, animations, and access to MyDietAnalysis–an innovative and easy–to–use program that allows students to track their diet and activity, and to generate and submit reports electronically.

Study on the Go

Featured at the end of each chapter, you will find a unique barcode providing access to Study on the Go, an unprecedented mobile integration between text and online content. Link to Pearson’s unique Study on the Go content directly from your smartphone, allowing you to study whenever and wherever you wish!