



# Contemporary Nutrition: A Functional Approach (Mosby Nutrition)

By Gordon Wardlaw, Anne Smith

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*Contemporary Nutrition: A Functional Approach* is an alternate version of Wardlaw/Smith/Collene's *Contemporary Nutrition*, offering a unique approach by organizing vitamins and minerals within the context of physiological functions and the health conditions they influence. Current research is at the core of the fourth edition, with revised statistics, incorporation of new results of clinical trials, and updated recommendations. The text provides students who lack a strong science background the ideal balance of reliable nutrition information and practical consumer-oriented knowledge. Always looking to make the content relevant to learners, the authors highlight health conditions, medications, food products, and supplements students or members of their families may be using. With their friendly writing style, the authors act as the student's personal guide to dispelling common misconceptions and to gaining a solid foundation for making informed nutrition choices.

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## **Editorial Review**

### **About the Author**

Gordon M. Wardlaw, Ph.D., has taught introductory nutrition courses to students in the Department of Human Nutrition at The Ohio State University, and at other colleges and universities. Dr. Wardlaw is the author of many articles that have appeared in prominent nutrition, biology, physiology, and biochemistry journals and was the 1985 recipient of the American Dietetic Association's Mary P. Huddleson Award. Dr. Wardlaw is a member of the American Society for Nutritional Sciences and is certified as a Specialist in Human Nutrition by the American Board of Nutrition. Dr. Wardlaw is currently retired from academia.

ANNE M. SMITH, Ph.D., R.D., L.D., is an associate professor at The Ohio State University. She was the recipient of the 1995 Outstanding Teacher Award from the College of Human Ecology, the 2008 Outstanding Dietetic Educator Award from the Ohio Dietetic Association, the 2006 Outstanding Faculty Member Award from the Department of Human Nutrition, and the 2011 Distinguished Service Award from the College of Education and Human Ecology for her commitment to undergraduate education in nutrition. Dr. Smith's research in the area of vitamin and mineral metabolism has appeared in prominent nutrition journals, and she was awarded the 1996 Research Award from the Ohio Agricultural Research and Development Center. She is a member of the American Society for Nutrition and the Academy of Nutrition and Dietetics.

## **Users Review**

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#### **Kevin Primeaux:**

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