Written for majors and advanced nonmajors, the 6th edition of Nutrition provides a modern, comprehensive introduction to nutrition concepts, guidelines, and functions. Its student-focused approach provides readers with the knowledge they need to make informed decisions about their overall nutrition. —Publisher

College students have always been interested in nutrition, as evidenced by the myriad of college textbooks devoted to this topic. Although most textbooks provide students with basic nutrition information, nutrition knowledge on its own rarely results in behavioral change. In addition to presenting accurate, up-to-date scientific information, this textbook aims to involve students in taking responsibility for their nutrition, health, and well-being and to instill in them a sense of competence and personal power.

As such, instructors and students alike will find value in using this updated and stimulating textbook in classes that cater to nutrition majors. This almost 800-page book (not including the appendices) is divided into 19 chapters, which will present a challenge to those teaching a typical semester (15-week) course. As expected, this book contains 8 requisite chapters on macro- and micronutrients (eg, carbohydrates, lipids, proteins and amino acids, fat- and water-soluble vitamins, and major and trace minerals), water, and alcohol.

In addition, it contains 11 chapters that cover topics such as food choices, nutrients and nourishment, nutrition guidelines and assessment, digestion and absorption, energy balance and weight management, sports nutrition, diet and health, life-cycle nutrition (maternal and infant nutrition and childhood to adulthood), food safety and technology, and worldview of nutrition. Instructors will most likely decide to eliminate topics that are themselves the subject of upper-division courses offered at their university, to streamline the course and avoid redundancies.

Of benefit to students, each chapter begins with some relevant Think About It teasers and questions that can be used to stimulate in-class or online discussions. Scientific information is presented in one easy-to-read column that is flanked by a myriad of figures and Quick Bite callouts that enhance student learning and understanding. Of specific interest are pages labeled FYI, which offer more in-depth discussions of controversial and timely topics such as the use of tap, filtered, or bottled water; whether calcium supplements are right for you; and tailoring nutrition intake to exercise goals. Also of benefit, and especially timely, are the Going Green callouts (eg, Could iron help cool global warming? and The thirst for water resources).

To reinforce learning, I found the Learning Portfolio at the end of each chapter particularly useful. These pages include a list of important terms used in the chapter, a list of bulleted study points (that reinforce the key messages), a number of study questions (that can easily be modified as exam questions), and a Getting Personal and/or Try This activity that enables students to apply what they learned to their own life. Through these types of activities, students can apply the knowledge gained through this textbook to improve their own nutrition, health, and well-being, and perhaps the nutrition, health, and well-being of others with whom they currently interact or will interact in the future. In so doing, the book will achieve its goals.

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