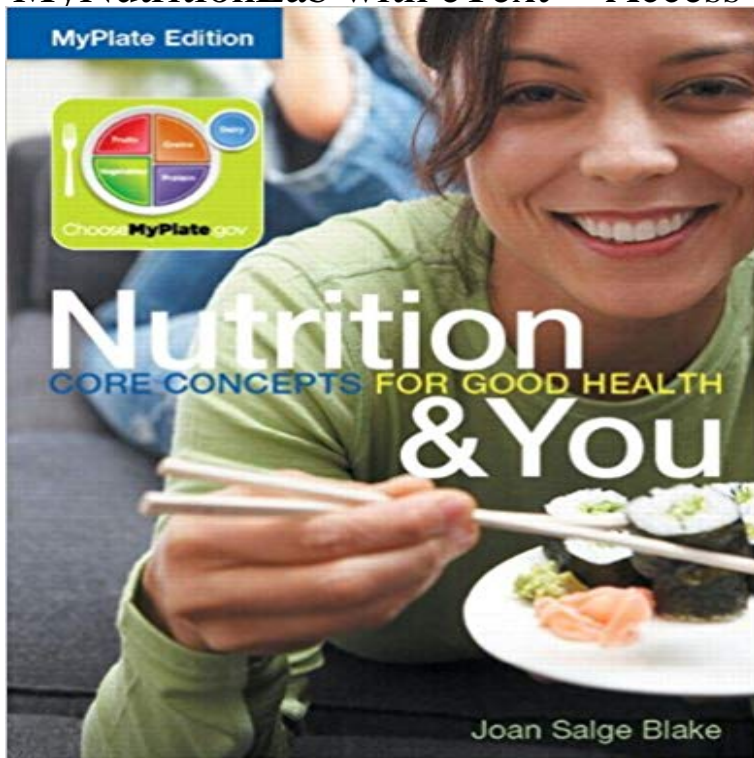


Nutrition & You Core Concepts for Good Health, MyPlate Edition Plus MyNutritionLab with eText -- Access Card Package



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readability, and accessible design all intended to engage you and encourage you to apply this new knowledge to your daily life. The MyPlate Edition features a write-to-fit update so that you and your instructor have the latest nutrition information right within your book (and instructors don't have to change their syllabus). New information includes the new MyPlate graphic (which replaces the former MyPyramid throughout the book, including the Food Source Diagrams), the 2010 Dietary Guidelines, and the new Dietary Reference Intakes for vitamin D and calcium.

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