



# Contemporary Nutrition, A Functional Approach

By Gordon Wardlaw, Anne Smith

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Completely revised and up-to-date with MyPlate, Healthy People 2020 and Dietary Guidelines for Americans, 2010, *Contemporary Nutrition: A Functional Approach* is an alternate version of Wardlaw-Smith's *Contemporary Nutrition*, 9e. While *Contemporary Nutrition: A Functional Approach* shares the recognized strengths of the ninth edition, it offers a unique approach to the coverage of vitamins and minerals. It departs from a traditional presentation by instead organizing vitamins and minerals within the context of physiological functions and the health conditions they influence. The text will provide students who lack a strong science background the ideal balance of reliable nutrition information and practical consumer-oriented knowledge. 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.

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