

# List of Changes



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## Schiff, Nutrition Essentials: A Personal Approach 3rd Edition Wendy Schiff

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Earlier editions of this textbook included visually stimulating and creative page layouts, and beautifully rendered, pedagogically based illustrations that were designed to engage students' interest in the narrative's topics and facilitate learning. The third edition maintains this energetic, colorful, and appealing design. We have retained many of the interesting photos and replaced others. Photos help draw students' attention to the narrative and enable them to relate content to the real world. It's important to note that the use of products in photos is for example representation only and does not constitute an endorsement.

SEE LIST OF CHANGES ATTACHED.

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## Changes to Schiff, Nutrition Essentials: A Personal Approach, 3e

The third edition of *Nutrition Essentials: A Personal Approach* has been extensively updated with new information and its sources. The following points highlight some of the major revisions:

- Each unit has a Culture & Cuisine feature that discusses traditional foods or dietary practices from around the world. Such features include information about popular Asian Indian foods, traditional Mexican foods, and the use of insects for a protein source.
- Additional Test Yourself (end-of-unit quiz) and Consider This... questions have been incorporated into most of the units.
- Many of the diagrams and illustrations throughout the textbook have been modified to increase their clarity. For example, Essential Concept 7.2 (What Can Happen to Unneeded Amino Acids?) has been revised to help students better follow steps involved in an aspect of amino acid metabolism.
- The food composition tables that contain information about amounts of specific nutrients in commonly eaten foods have been updated.
- Three of the unit openers have been revised to feature a new college student or recent college graduate who shares personal reflections about his or her dietary choices. These openers help draw readers into the unit's content.
- Answers to Test Yourself are included at the end of each quiz but upside down, so students don't need to search for them in the appendixes.

**The following points highlight some significant revisions that have been made to specific units:**

**The opener of Unit 4 (How Food Becomes You)** features a young woman with celiac disease. The unit also includes a new Essential Concept that illustrates the process of absorbing fat-soluble nutrients from the digestive tract and transporting them to other cells in the body.

**Unit 5 (Carbohydrates: Fuel and Fiber)** has a new section that's about non-alcoholic fatty liver disease (NAFLD), which affects millions of adult Americans. Furthermore, a new Essential Concept that illustrates carbohydrate digestion, absorption, and elimination has been added to replace Figure 5.3 in the previous edition. The new Figure 5.3 illustrates the fate of glucose after absorption.

**Unit 7 (Proteins: Life's Building Blocks)** has a new module (7.6 Stretching Your Food Dollars).

**Unit 8 (Vitamins: Nutrients That Multitask)** has a new Nutrition Fact or Fiction? that features a case study about a young man who took toxic levels of niacin. Two new Essential Concepts have been added to replace figures in the previous edition. One of the new Essential Concepts illustrates major steps in the body's use of vitamins B-12 and folate for red blood cell production. The other new Essential Concept shows major steps involved in the body's use of vitamin K for blood clotting.

**Unit 9 (Key Minerals, Water, and the Nonnutrient Alcohol)** has revised blood pressure guidelines (Table 9.6) and the 2019 DRIs for sodium and potassium.

**Unit 10 (Nutrition for a Healthy Weight and Fit Body)** highlights recommendations of the U.S. Department of Health and Human Services' latest physical activity guidelines (2018). Information about intermittent fasting has been added to the information about weight-loss diets.

**Unit 11** has two new What /S That? features that discuss kiwano and bioengineered foods.

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