

This International Student Edition is for use outside of the U.S.

Wardlaw's CONTEMPORARY NUTRITION

ELEVENTH EDITION

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มหาวิทยาลัยเทคโนโลยีราชมงคลพระนคร

ห้องสมุดสาขาโชติเวช



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About the Cover

The Garden of Hope is a community garden for cancer survivors located at the Waterman Farm at The Ohio State University. Dr. Colleen Spees, co-author of *Wardlaw's Contemporary Nutrition*, leads research efforts at this unique living laboratory that provides cancer survivors and food-insecure families the opportunity to incorporate a Farm-to-Fork approach while harvesting fruits, vegetables, and herbs throughout the growing season.

Tomatoes, like those pictured on the front cover, are considered a “functional food” because they provide health benefits beyond the essential nutrients they contain. Vitamin C and lycopene, a phytochemical in tomatoes, function as powerful antioxidants. Lycopene has also been linked to a reduced risk of stroke, some eye diseases, and certain types of cancer. Tomatoes are also abundant sources of potassium, a mineral often lacking in the American diet. A dietary pattern rich in potassium and low in sodium can lower blood pressure and reduce the risk of heart disease. Nutrients and phytochemicals in tomatoes may also boost the immune system and protect bone health.

The eleventh edition of *Wardlaw's Contemporary Nutrition* shows how a primarily plant-based eating pattern—rich in nutrients and phytochemicals—works to support and maintain optimal health throughout life. The new Farm to Fork feature in each chapter outlines the best ways to grow, shop, store, and prepare specific fruits and vegetables to optimize their nutritional value. This comprehensive and evidence-based perspective on nutrition makes learning fun, engaging, and relevant.



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The authors, Anne Smith, Colleen Spees, and Angela Collene at the Garden of Hope.

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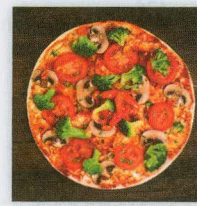
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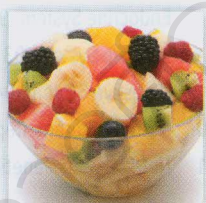
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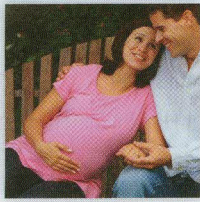
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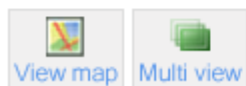
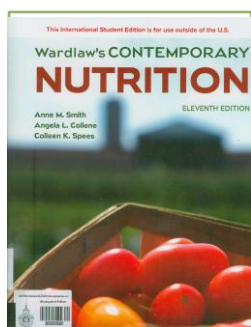
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<http://lib.rmutp.ac.th/Catalog/BibItem.aspx?BibID=b00103539>



Title	Wardlaw's contemporary nutrition / Smith, Anne M, Collene, Angela L, Spees, Colleen K.
Author	Smith, Anne m
Publication	New York, NY: McGraw-Hill Education, 2019
Edition	11th ed
Detail	xxvi, 681 p : ill. ; 28 cm
Subject	Textbooks -- fast.(+) Nutrition -- Textbooks.(+) Nutrition.(+)
Location	CHL
Source Types	 Book

คำทับศัพท์และการศึกษาและอ้างอิงเท่านั้น