



## High-Protein Breakfasts Without Eggs



# Protein Breakfast Update Promo

**Ruth Beckmann Murray, Judith Proctor  
Zentner**



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*Nutrition: A Health Promotion Approach Third Edition* Geoffrey P. Webb, Geoffrey P Webb, 2007-12-28 The third edition of this highly regarded introductory textbook continues to cover all aspects of nutrition including nutritional epidemiology social aspects of nutrition the science of food as a source of energy and essential nutrients and the microbiological safety of food and food processing Its focus is on nutrition in industrialized nations where nutritional deficiencies in the traditional sense are less of an issue but the roles of diet in causing or preventing chronic disease and maintaining good life long health and well being are gaining ever increasing attention The importance of good health promotion is therefore a guiding principle throughout the book supported by a section devoted to health promotion theory Nutrition a health promotion approach is the book of choice for first year nutrition students looking for a readable but comprehensive introduction to the field dietitians undertaking the nutrition components of their course and other students undertaking nutrition modules as part of a broader scientific or professional course such as food science or catering

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