

Wardlaw's Contemporary Nutrition, 11e

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Detailed List of New Features

NEW FEATURES

- In discussions about specific nutrition concerns, the authors reference and include the most recent data and recommendations from the Academy of Nutrition and Dietetics, American Heart Association, American Diabetes Association, Institute of Medicine, and American Psychological Association in this edition.
- "Ask the RDN" is a new chapter feature that answers questions about conflicting topics and highlights the ability of the RDN to translate the latest scientific findings into easy-to-understand information.
- New "Farm to Fork" feature presents practical information on how to grow, shop, store and prepare fruits and vegetables to obtain and preserve flavor and nutrients.
- Content has been updated to reflect the most current information, including the 2015-2020 Dietary Guidelines (kilocalories, sodium, and added sugars). Throughout the text, the term "diet" (in most cases) has been replaced with the term "eating pattern" or "dietary pattern".

DIGITAL ENHANCEMENTS

- New assignable, (mostly) auto-graded question series for "Case Studies", "Farm to Fork", and "Ask the RDN" features in all chapters.
- Updated format of multipart questions that now enable authors to edit and delete questions if desired.
- New multipart question series are available for updated "Newsworthy Nutrition" features in Chapters 1-3, 4, 6-13, 15, and 16.
- New traditional and interactive question items based on updated content in this Eleventh Edition.
- NutritionCalc Plus 5.0 is a suite of powerful dietary self-assessment tools, with more than 30,000 foods from the USDA database and food manufacturers.
- ✓ New Mobile interface and design
- ✓ Seamless transition from the recent NCP 4.1 version (similar layout and operation within the site)
- ✓ Includes updates to match up with the 2018 USDA MyPlate report and food label mandate
- ✓ Ability to track up to three profiles, Omega-3 and Omega-6 data
- ✓ 365-day calendar function

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