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By Eleanor Noss Whitney, Sharon Rady Rolfes

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Editorial Review

About the Author

Ellie Whitney, PhD grew up in New York City and received her B.A. and Ph.D. degrees in English and biology at Radcliffe/Harvard University and Washington Universities, respectively. She has taught at both Florida State University and Florida A&M University, has written newspaper columns on environmental matters for the Tallahassee Democrat, and has authored almost a dozen college textbooks on nutrition, health, and related topics, many of which have been revised multiple times over the years. In addition to teaching and writing, she has spent the past three-plus decades exploring outdoor Florida and studying its ecology. Her latest book is *Priceless Florida: The Natural Ecosystems* (Pineapple Press, 2004).

Sharon Rady Rolfes is a Registered Dietitian Nutritionist and founding member of Nutrition and Health Associates, an information resource center that manages a research database of more than 1,000 nutrition-related topics. Previously, Ms. Rolfes taught at Florida State University and coauthored several other college textbooks, including *Understanding Nutrition*. In addition to writing, Ms. Rolfes consults on educational projects, and volunteers on the board of Working Well, a community initiative dedicated to creating a healthy workforce. A member of the Academy of Nutrition and Dietetics, she received her MS in Nutrition and Food Science from Florida State University.

Users Review

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Thomas Rinaldi:

Spent a free time and energy to be fun activity to complete! A lot of people spent their spare time with their family, or their friends. Usually they carrying out activity like watching television, gonna beach, or picnic from the park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your personal free time/ holiday? Might be reading a book might be option to fill your cost-free time/ holiday. The first thing that you will ask may be what kinds of e-book that you should read. If you want to try look for book, may be the reserve untitled Bundle: Cengage Advantage Books: Understanding Nutrition, 13th + CengageNOW with eBook, Diet Analysis Printed Access Card can be excellent book to read. May be it could be best activity to you.

Allie Littlefield:

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