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### **Nutrition, Concepts and Controversies by CTI Reviews ...**

In addition to the best-selling NUTRITION: CONCEPTS AND CONTROVERSIES, Sizer was a primary author of the first ever instructional and animated NUTRITION INTERACTIVE CD-ROM (Cengage Wadsworth). Her previous publications include NUTRITION CLINICS, a monograph series for health professionals, and the college text THE FITNESS TRIAD: MOTIVATION ...

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It provides enough basic material about cellular function, digestion, etc. so one can understand the concepts without having taken anatomy and physiology classes. The only reason I did not give it 5 stars is personal. The book presents "controversies" at the end of each chapter and provides evidence about nutrition concepts that are hotly debated.

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