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By Wendy Schiff

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Connect Access Card for Nutrition for Healthy Living By Wendy Schiff Bibliography

- Sales Rank: #854963 in Books
- Published on: 2015-02-12
- Number of discs: 1
- Platform: No Operating System
- Original language: English
- Number of items: 1
- Dimensions: .5" h x 5.50" w x 8.50" l,
- Binding: Printed Access Code

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Editorial Review

About the Author
Wendy J. Schiff MS, RDN received her BS in biological health/medical dietetics and MS in human nutrition from The Pennsylvania State University. She has taught introductory foods and nutrition courses at the University of Missouri– Columbia as well as nutrition, human biology, and personal health courses at St. Louis Community College–Meramec. She has worked as a public health nutritionist at the Allegheny County Health Department (Pittsburgh, Pennsylvania) and State Food and Nutrition Specialist for Missouri Extension at Lincoln University in Jefferson City, Missouri. In addition to authoring Nutrition for Healthy Living and Nutrition Essentials: A Personal Approach, Wendy has coauthored a college-level personal health textbook and authored many other nutrition-related educational materials. She is a registered dietitian nutritionist and a member of the Academy of Nutrition and Dietetics.

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