



# Personal Nutrition Profile: A Diet And Activity Analysis

*Barbara J. Mayfield*

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## **Personal Nutrition Profile: A Diet And Activity Analysis** Barbara J. Mayfield

Designed for nutrition courses that include a personal diet and activity analysis, Personal Nutrition Profile, Second Edition, provides students with the tools they need to examine and change their personal eating and activity habits. Used in conjunction with any nutrition text, this manual helps students better understand the effects of their diet and activity habits on their overall health. Not only does the text prompt students to examine their personal health risks and lifestyle choices, but it shows them simple, effective ways of changing problem behaviors. Updates to the Second Edition include MyPyramid, the 2005 Dietary Guidelines, and current DRIs.

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