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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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Full Title: Nutrition For Healthy Living; Edition: 3rd edition; ISBN-13: 978-0073522753; Format: Paperback/softback; Publisher: McGraw-Hill Science/Engineering/Math (1/5/2012) Copyright: 2013; Dimensions: 9.4 x 10.4 x 1 inches; Weight: 3.25lbs

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