



Course Announcements

A colorful diet and a healthy lifestyle can add vitality to your years!

In this course we will practice using common online course tools as we read and discuss some of the exciting new research in the areas of nutrition and fitness.

To begin, take a look at the [Smart for Life](#) website that I originally developed for my students at Judson College. I am now maintaining it to support this course, and I would welcome all suggestions for additional links.

I hope you will enjoy this course and that it will encourage you to sample some of the many online course offerings that are available today.

TEXTBOOK:

Nutrition: Concepts and Controversies, 11th Edition, © 2008
Frances Sizer - Nutrition and Health Associates, and Ellie Whitney
ISBN-10: 0495390658 ISBN-13: 9780495390657

[Companion Site](#)

SOFTWARE:

Diet Analysis Version 8.0.1 (for Vista) or 8.0 (CD-ROM) by
[Thomson Learning](#)

Book Description

This best-selling text offers all of the information you need to understand the basic principles of nutrition through premium content, trend setting technology, and superior learning resources, all designed to make learning easy and interesting.

There are also end-of-chapter "Controversies" that highlight current research on emerging topics, like diabetes and vitamin supplements.

Note about 11th Edition:

I have chosen the latest edition of this leading college textbook with

the many online resources it offers; however, you may use one of the older editions or download just the chapters you are interested in as eChapters at \$4.99/chapter at iChapters.com.

The 10th Edition of Sizer and the DietAnalysis+ 8.0 software is also available from [Amazon](http://Amazon.com).

A copy of the 10th Edition will be held at the OLLI-UVa office.

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