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Nutrition

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fortified with calcium and vitamins A, D, B-1 2, and riboflavin. Read the Nutrition Facts panel for information about the percentage of calcium and vitamin D in the milk. Regular soy milk can substitute for cow's milk as a beverage or in recipes. Soy milk cheeses and yogurt are also available.

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In addition to coauthoring
Human Nutrition: Science for
Healthy Living, Wendy has

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authored Nutrition for Healthy Living and Nutrition Essentials: A Personal Approach. She is a registered dietitian nutritionist and member of the Academy of Nutrition and Dietetics. Tammy J. Stephenson, PhD, received her BS in Food Science and Human Nutrition and PhD

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Human Nutrition: Science for Healthy Living 2nd Edition

I took a Nutrition class as a General Ed in college as part of the curriculum of my program, but it was amazing how much I learn about healthy and unhealthy diets, vitamins, antioxidants, food labeling, food marketing, etc etc.

Human Nutrition: Science for Healthy Living

Tammy J. Stephenson, PhD, received her BS in Food Science and Human Nutrition and PhD in Nutritional Sciences from the University of Kentucky. She has taught a wide variety of food, nutrition, and wellness

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courses, including introductory nutrition, to majors and nonmajors in the Department of Dietetics and Human Nutrition at the University of Kentucky for the past 15 years.

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