

The background of the cover is a close-up photograph of a bowl filled with various leafy greens, including Swiss chard with prominent red and yellow stalks. The lighting is bright, highlighting the textures and colors of the vegetables.

# Discovering Nutrition

Eighth Edition

Paul Insel


Don Ross

Kimberley McMahon

Melissa Bernstein

# Discovering Nutrition

**Paul M. Insel, R. Elaine Turner, Don  
Ross**



## **Discovering Nutrition:**

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