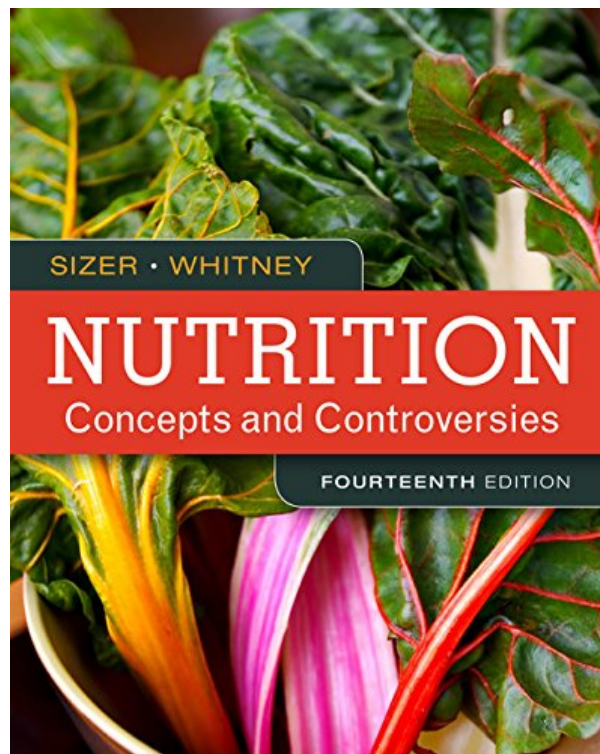
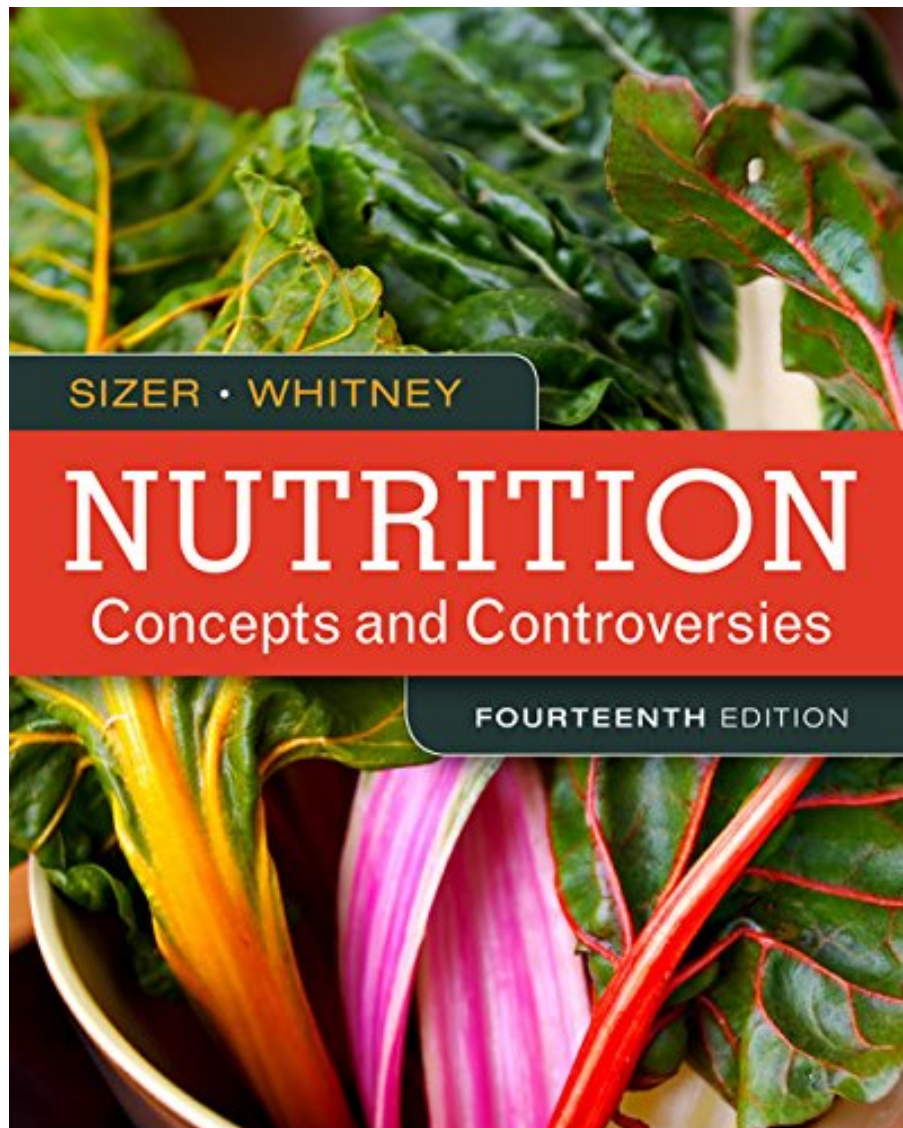


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About the Author

Frances Sizer, M.S., RD, FADA, is certified as a charter Fellow of the American Dietetic Association. She is also a founding member and vice president of Nutrition and Health Associates, a Florida-based information and resource center that maintains an online bibliographic database tracking system that conducts research in more than 1,000 topic areas of nutrition. In addition to the best-selling NUTRITION: CONCEPTS AND CONTROVERSIES, Sizer was a primary author of the first ever instructional and animated NUTRITION INTERACTIVE CD-ROM (Cengage Wadsworth). Her previous publications include NUTRITION CLINICS, a monograph series for health professionals, and the college text THE FITNESS TRIAD: MOTIVATION, TRAINING, AND NUTRITION. In addition to writing, enjoying her family, and schooling her horse in dressage, Sizer is also an active board member of ECHO, a local hunger and homelessness relief organization in her community. Sizer received her B.S. and M.S. in nutrition from Florida State University.

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