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Williams' Essentials of Nutrition and Diet Therapy, Revised Reprint, 10th Edition (Essentials of Nutrition & Diet Therapy (Williams))

By Schlenker PhD RD, Eleanor; Long Roth PhD RD LD, Sara

Mosby, 2013. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: From basic nutrition principles to the latest nutrition therapies for common diseases, Williams' Essentials of Nutrition & Diet Therapy, 10th Edition, Revised Reprint offers a solid foundation in the fundamental knowledge and skills you need to provide effective patient care. Authors Eleanor Schlenker and Sara Long address nutrition across the life span and within the community, with an emphasis on health promotion and the effects of culture and religion on nutrition. The revised edition has been updated with current government dietary guidelines, including the new MyPlate recommendations. Other key topics include childhood obesity, metabolic syndrome, diabetes, and food safety. Plus, evidence-based information and real-world case scenarios help you learn how to apply essential nutrition concepts and therapies in clinical practice. Case studies illustrate key concepts in authentic, "real-life" scenarios that reinforce learning and promote nutritional applications. Cultural Content boxes highlight the critical, yet often overlooked, role culture plays in nutrition - a role that is becoming more important as the population becomes more diverse. Feature boxes spotlight newsworthy issues related to the chapter topic, including: Diet-Medications Interactions - dietary warnings related to specific prescription...

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-- Dana Hintz

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-- Elisa Reinger

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