



Understanding Normal and Clinical Nutrition

Eleanor Noss Whitney, Corinne Balog Cataldo, Sharon Rady Rolfes

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The Sixth Edition offers enhanced coverage of such topics as diet planning, the energy nutrients, vitamins and minerals, digestion and metabolism, weight management, life cycle nutrition, assessment and the nutrition care process, medical nutrition therapy, and complementary therapy. Whitney, Cataldo, and Rolfes incorporate the latest research in genetics, phytochemicals, antioxidants, and the Dietary Reference Intakes and Dietary Guidelines. New "Healthy People 2010" material (integrated throughout) reflects the latest health goals for the next decade. Also included are current recommendations from the American Heart Association for the prevention of Coronary Heart Disease (CHD). Every chapter in this accessible, visually exciting book is designed to inform your students and involve them in nutrition. Students will find many features, activities, and unique Web resources to help them apply chapter concepts. For example, a new "Think Nutrition" feature reminds students to consider nutrition issues when encountering clients with varied clinical diagnoses . . . while case studies, clinical application exercises, and other features teach students how to apply their knowledge in the field.

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