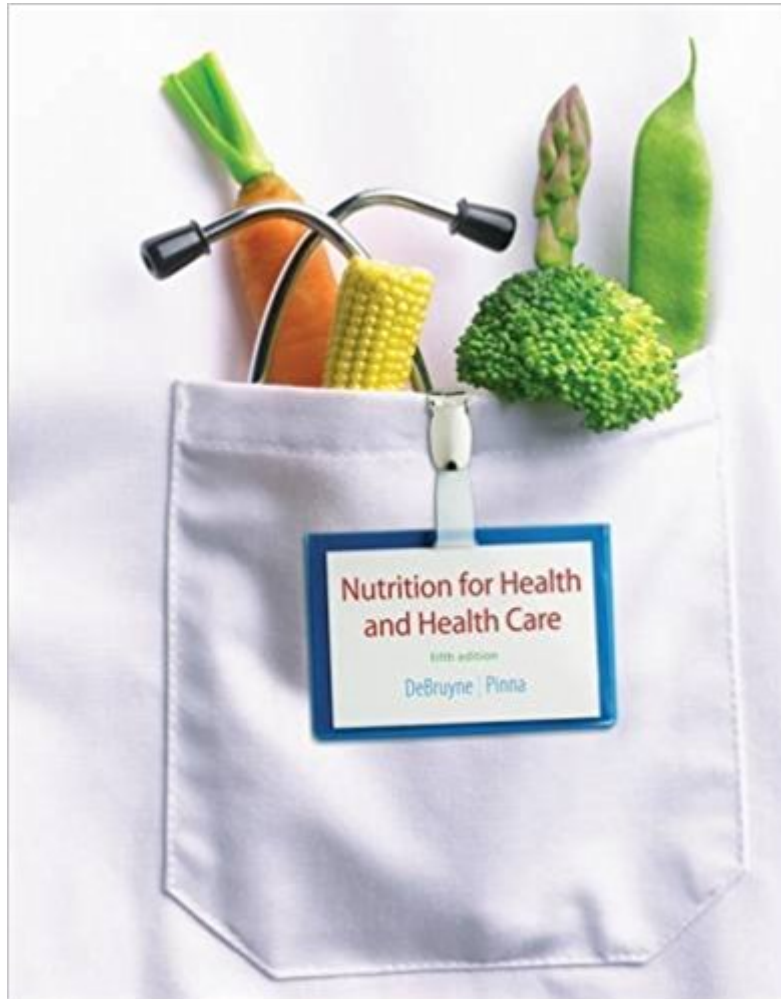




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Nutrition For Health And Healthcare



Synopsis

Current, practical information in a real-world context for future nurses and health care professionals. Designed for the clinical nutrition and/or diet therapy nutrition course, **NUTRITION FOR HEALTH AND HEALTH CARE** is a trusted text that demonstrates the important role of nutrition to future nurses and health care professionals in their future careers. The text begins by covering basic nutrition concepts and proceeds with clinical topics organized by organ systems, linking nutrition to different disease states, such as diabetes, renal disease, and liver disorders. Each chapter includes practical information, current research, and clinical practice guidelines for addressing nutrition concerns and incorporating nutrition into care plans. Valuable supplements accompany this text to help instructors prepare for class and to help students succeed in their course.

Book Information

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Customer Reviews

I rented the textbook "Nutrition for Health and Health Care" for my Nutrition in Health Care course at the University of Cincinnati. As a nursing student, I found this book to be easy and simple to use. The book is basically broken into two sections, nutrition for health and nutrition for health care. The beginning of the book provides basic information on nutrition for health, which could provide non-academic use to those with a general interest in nutrition. The end of the book discusses nutrition for a variety of disease and disorders and health care. This section provides more in depth information on nutrition and is more for academic use, in which it serves more as a reference to health care professionals and may not be applicable for some people. I found this book

to be extremely easy to read. I don't consider myself much of a reader, but this textbook was easy for me to get through. The text is written in a way that breaks down difficult concepts and is written in simple language that is easy to comprehend. The very front of the book provides a chart of the Recommended Dietary Allowances and Adequate Intakes for water, energy (calories), and nutrients (vitamins, minerals, carbohydrates, protein, fat, etc.). This is very convenient and helpful when searching for this type of information. Rather than searching through the textbook, the chart allows you to quickly find these values. In addition, the chapters are well organized. The textbook starts off with basic information about digestion and macromolecules, moves onto minerals and vitamins, then discusses nutrition throughout the lifespan, and finishes with nutrition for different diseases and disorders.

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