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A Personal Approach

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Nutrition Essentials: Practical Applications Dr. Paul Insel, Don Ross, Kimberley McMahon, Melissa Bernstein, 2022-09-29 This book provides students with a comprehensive current and science-based introduction to nutrition concepts, guidelines, and functions. Its student-focused approach provides information about topics and issues that concern them: a balanced diet, nutritional supplements, weight management, exercise, and much more. Throughout each chapter, readers will engage with the latest dietary guidelines, scientific evidence, and national standards to help individuals follow a healthy dietary pattern at every life stage.

Global Malnutrition Jahangir Moini, Oyindamola Akinso, Raheleh Ahangari, 2023-11-27 Global Malnutrition: Pathology and Complications addresses various types of malnutrition, including deficiencies, undernutrition, excesses, overnutrition, and imbalances in a person's intake of nutrients. Malnutrition is considered a global health crisis causing various types of chronic diseases in humans. Malnutrition is very serious when affecting children, as the result can be a lifetime of serious health problems. This book addresses the importance of combating undernutrition and overnutrition. It discusses the prevalence of nutritional disorders and epidemics, assesses nutritional requirements for various populations, and focuses on special populations most affected by nutritional disorders. Features: Covers various diseases caused by poor diet and nutrition. Provides suggestions on preventing malnutrition by improving diet and nutrition. Discusses nutritional disorders and epidemics. Presents information on nutritional requirements in special populations. Contains clinical case studies with critical thinking questions and answers, clinical treatments, and costs. Featuring an engaging writing style and excellent flow of material, Global Malnutrition: Pathology and Complications contains practical applications for use in clinical practice. It includes suggestions for improving diet and nutrition in order to prevent malnutrition. Figures enhance content, and questions at the end of the chapters with corresponding answers at the end of the book reinforce the subject matter.

Nutrition Essentials for Nursing Practice Susan G. Dudek, Rd, Cdn, Bs, Susan G. Dudek, 2013-04-22 The Seventh Edition of this nursing-focused nutrition text has been updated to reflect the latest evidence.

based practice and nutrition recommendations Written in a user friendly style the text emphasizes what the nurse really needs to know in practice Maintaining its nursing process focus and emphasis on patient teaching this edition includes features to help readers integrate nutrition into nursing care such as sample Nursing Process tables Case Studies in every chapter and new Interactive Case Studies online This is the tablet version which does not include access to the supplemental content mentioned in the text

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