

Community Nutrition In Action 6th Edition Book

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intended for use by fitness instructors coaches nutritionists and other program leaders this five section manual covers topics ranging from curriculum guides for elementary school children to dietary regimes used by professional athletes the role of nutrients and the use of canada s food guide are reviewed briefly in the first section relationships between nutrition and fitness related lifestyle factors and health status are summarized in section 2 the third section provides an overview of energy balance as it specifically relates to weight control diet and exercise are considered the effects of nutrition on athletic performance are examined in section 4 each of these four sections is referenced and supplemented by recommended reading lists the fifth section provides additional recommended background references material is classified by the type of resource curriculum guides teaching aids and audiovisuals periodicals and organizations jd

introduces nutrition by linking information on nutrients to an understanding of how food production and processing and the impact of these on environmental quality influence each person s nutritional status discusses how nutrients work in the body why some foods are high or low in individual nutrients how the body is harmed by deficiencies or excesses of nutrients and why nutrient requirements change as we get older

community nutrition in action incorporates an entrepreneurial approach to community nutrition successful practitioners in community nutrition have a mind and skill set that opens them up to new ideas and ventures the text encourages students to take risks try new technologies and use fresh approaches to improving the public s nutrition and health status the text also delivers the core material important to students who will be active in solving the nutritional and health problems public health policy program delivery nutrition education nutrition assessment and planning nutrition interventions

abstract information on normal nutrition as well as basic principles for the use of therapeutic nutrition in health care and presented in a text for students of nursing and other health occupations the relationship of normal nutrient requirements and therapeutic diets is examined the importance of nutrition to health is emphasized throughout the first section of the text discusses factors influencing food habits nutrition

assessment and common nutrition problems of Americans standard hospital diets are described the second section considers needs for energy carbohydrates proteins fats vitamins minerals and water both in normal and therapeutic situations the final section explores healthy food patterns common health problems in which diet is a contributing factor and concepts for the teaching of nutrition to clients appendices include a sample dietary recall questionnaire desirable weight tables food exchange lists food composition tables and recommended dietary allowances

nutritional deprivation nutrition and mental development assessment of nutrition status food production food distribution systems trade and marketing poverty and its relationship to malnutrition strategies for increasing the purchasing power of the poor food and population fertility and nutrition infant feeding patterns the bottle feeding problem social and cultural values as they affect nutrition education and nutrition modification of food habits synthesis nutrition interventions planning and policy making

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