

Nutrition Concepts And Controversies

Sizer Whitney

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ideal for both non majors and mixed majors nutrition concepts and controversies provides practical applications and accessible explanations to dispel common misconceptions about nutrition and empower readers to make lasting behavior changes do pregnant women really crave pickles and ice cream are carbohydrates good or bad these and many more topics are explored in nutrition concepts and controversies the thirteenth edition of this text dispels common misconceptions

about nutrition and equips you with a thorough understanding of important nutrition concepts and tools that empower you to make informed decisions about your own nutrition choices known for its clear explanations that show you how topics relate to your life the text provides the basics of nutrition from how to be a good consumer to understanding the science of nutrition and is packed with interactive learning tools and study aids to help you in your course

abstract the latest information on basic nutrition and some of the controversies not yet resolved are presented fully along with a wealth of more accepted and established ideas concerning the needs and utilization of nutrients by the human body after discussing the components of a balanced diet and food exchanges the specific nutrients are described including sugar fats proteins energy vitamins minerals and water as well as the impact of food additives new food and food labeling nutrition for various usage groups covers infants to elderly folks pregnant women and chronic drinkers some of the controversies examined are protein for athletes vitamin e for aging and diet therapy for hyperactivity appendices cover food composition tables dietary standards additional references fast foods additives etc a parallel study guide reinforces the learning process by asking questions about basic concepts and specific knowledge

abstract this book presents the outline for a basic nutrition course each of the thirty topics contains a description of the behavioral objectives of that section a detailed lecture outline and a bibliography of suggested readings topics include food related behavior food labeling metabolism carbohydrates weight reduction electrolytes food additives nutrition during pregnancy lactations and infant nutrition nutrition during childhood adolescence and adulthood athletes and hunger and malnutrition

abstract the theories and principles of nutrition and diet therapy are described for the nursing student each chapter ends with a nutrition in practice section dealing with practical questions one may have about his/her own nutrition and questions one may be asked by clients within the chapters are digressions on topics of current or personal interest and technical terms are defined in the page margin the first time they appear specific coverage includes a nutrition overview macronutrients nutritional supplements water nutrition applications from birth to old age diet therapy and modified diets the recommended dietary allowances for 1980 are included appendices include charts on vegetarian foods fast foods nutritional supplements recommended nutrient intakes assessment standards sugar fat potassium and sodium contents of foods illustrations are also included

every 3rd issue is a quarterly cumulation

client education theory and practice provides comprehensive information on educating clients based upon their individual learning needs focusing on the

unique needs of clients this text helps nurses meet the various learning needs of children adults and older adults as well as ethnically diverse clients strategies for analyzing planning implementing and evaluating client learning appear throughout the text

abstract this book provides guidance for the foodservice professional to prepare nutritionally sound foods while pleasing the most discriminating palates the scientific principles of nutrition are explained in addition to the application of these principles in food preparation

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