

Basic nutrition and diet therapy



Appropriate for courses in nutrition and diet therapy for students preparing for health care careers -- nursing, dietetic technology, dental hygiene, food service management, sports, fitness, health education, and other health-related fields. A thorough updating of this classic text continues a tradition of offering solid background in the basics of normal nutrition, principles, and applications of food/nutrition science, and the role of foods in the prevention and treatment of illness. This highly successful, clearly-written text explains practical applications of principles of nutrition and food sciences to normal and therapeutic situations and provides the tools necessary for implementing nutritional strategies. Nutrition-related case studies appear throughout the text, to help bring dietary and nutritional concepts to life.

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