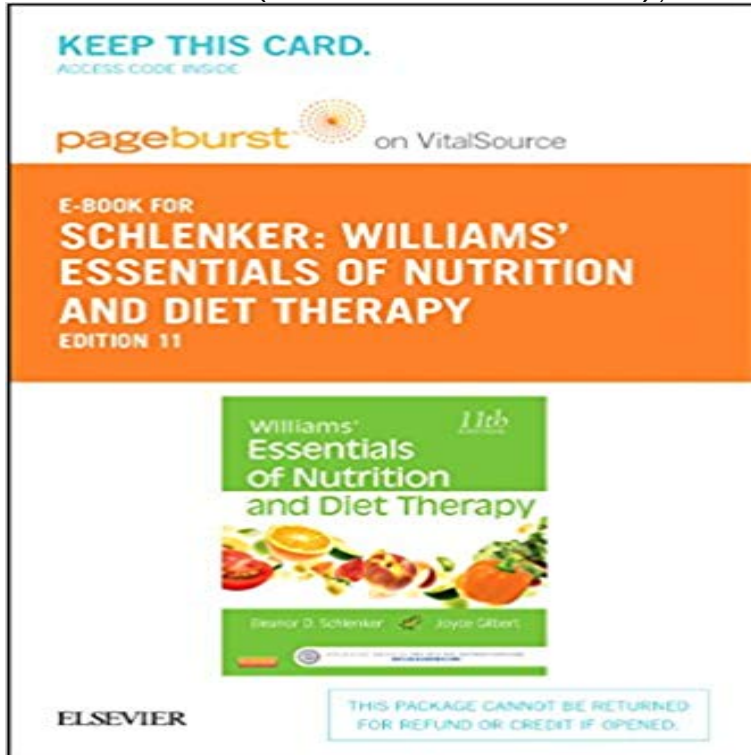


# Williams Essentials of Nutrition & Diet Therapy - Elsevier eBook on VitalSource (Retail Access Card), 11e



Case studies illustrate key concepts in authentic, real-life scenarios that reinforce learning and promote nutritional applications. Cultural Content boxes highlight the critical, yet often overlooked, role culture plays in nutrition? a role that is becoming more important as the population becomes more diverse. Feature boxes spotlight newsworthy issues related to the chapter topic, including: Diet-Medications Interactions? dietary warnings related to specific prescription drugs. Complementary and Alternative Medicine (CAM)? information on the uses, contraindications, and advantages/disadvantages of common herbs and supplements. Focus on Food Safety? important storage and preparation considerations for preventing food-borne illness. Health Promotion sections in each chapter emphasize the importance of health promotion and wellness as part of an effort to stress healthy lifestyle choices and prevention as the best medicine. Websites of Interest at the end of every chapter lists reliable Internet resources for further study and exploration of various nutrition topics. Key terms are highlighted throughout the text with definitions on the same page for instant reference. Includes complimentary online access to Nutritrac 5.0, the latest version of Mosbys premier nutrition and exercise management program that features over 1,000 new foods and enhanced functionality. Evidence-Based Practice boxes emphasize the importance of using research to achieve the best possible patient outcomes. Expanded health promotion coverage includes the World Health Organizations definition of health, the concept of wellness, and patient education. An in-depth discussion of childhood obesity explores the impact and prevention of this major health concern. Additional information on metabolic syndrome examines its effects on the cardiovascular system. Coverage of

nutrition support includes the use of adapted feeding tools to aid patients in various disease states. Perspective in Practice boxes offer quick access to practical applications of nutrition principles. Choose Your Foods: Exchange Lists for Diabetes features the latest updates from the American Dietetic Association.

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