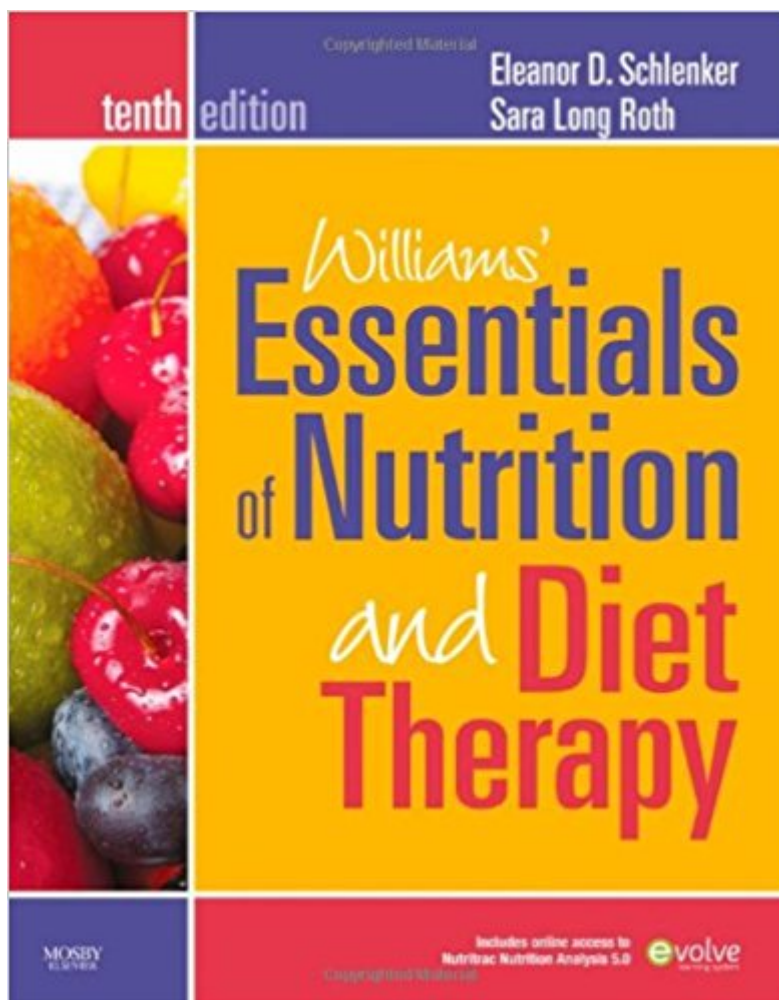




The book was found

# Williams' Essentials Of Nutrition And Diet Therapy, 10e (Williams' Essentials Of Nutrition & Diet Therapy)



## Synopsis

From basic nutrition principles to the latest nutrition therapies for common diseases, Williams' Essentials of Nutrition & Diet Therapy, 10th Edition offers a solid foundation in the fundamental knowledge and skills your students need to provide effective patient care. Authors Eleanor Schlenker and Sara Long address nutrition across the life span and within the community, with an emphasis on health promotion and the effects of culture and religion on nutrition. Other key topics include childhood obesity, metabolic syndrome, diabetes, and food safety. Plus, evidence-based information and real-world case scenarios help your students learn how to apply essential nutrition concepts and therapies in clinical practice. 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 Nutriscience 5.0, the latest version of Mosby's 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 Organization's 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.

## Book Information

Series: Williams' Essentials of Nutrition & Diet Therapy

Paperback: 656 pages

Publisher: Mosby; 10 edition (December 1, 2010)

Language: English

ISBN-10: 032306860X

ISBN-13: 978-0323068604

Product Dimensions: 10.8 x 8.4 x 1 inches

Shipping Weight: 2.8 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 17 customer reviews

Best Sellers Rank: #804,420 in Books (See Top 100 in Books) #89 in [Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Diet Therapy](#) #140 in [Books > Textbooks > Medicine & Health Sciences > Nursing > Clinical > Nutrition](#) #207 in [Books > Medical Books > Nursing > Medical Nutrition](#)

## Customer Reviews

I am not sure why there is one horrible review. I found this book informative, concise, and comprehensive. There are references for each chapter that appear very inclusive. The detail in each subjective envelops the subject effectively. As a registered dietitian I recommend this book for the healthcare professional. It is inclusive enough but could be overly detailed for public use.

this is a wonderful book

Satisfied with product

What I needed for school

Very comprehensive and informative. Great detail is giving within each chapter and subject within this book. I would highly recommend this book for anyone who wants to learn more about nutrition and disease. Also gives alternative medicine advice for different diseases and illnesses.

love getting school books here

An easy read, I understood the logic and followed the text well enough to make an A in the class!!

breaks down components of nutrition very well. I would recommend this for anyone looking for a basic book on nutrition.

[Download to continue reading...](#)

Williams' Essentials of Nutrition and Diet Therapy, 10e (Williams' Essentials of Nutrition & Diet Therapy) Williams' Basic Nutrition & Diet Therapy, 15e (Williams' Essentials of Nutrition & Diet Therapy) Nutrition Essentials and Diet Therapy, 11e (Nutrition Essentials and Diet Therapy (Peckenpau)) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Nutrition and Diet Therapy (Nutrition & Diet Therapy) Student Solutions Manual to accompany Boyce Elementary Differential Equations 10e & Elementary Differential Equations with Boundary Value Problems 10e Williams' Essentials of Nutrition and Diet Therapy, 11e Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know **\*\*BONUS\*\*** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) Ideal Protein Diet Cookbook: Your Ideal Protein Nutrition Plan for Perfect Fitness and Wellness (Ideal Protein Diet, High Protein Diet, Perfect Protein Diet, Lose Weight, Protein Diet Plan) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Toddler Diet: Nutrition and Balanced Diet for Toddlers( toddler cookbook, toddler nutrition, toddler meals, baby food cookbook, baby diet, recipes for children, toddler recipes, baby food recipes) Toddler Diet: Nutrition and Balanced Diet for Toddlers( toddler cookbook, toddler nutrition, toddler meals, baby food cookbook, baby diet, recipes for ... recipes, baby food recipes) (Volume 1) The All New Atkins Diet: A Complete Guidebook For Balanced Carbs, Delicious

Food, And Quick Results (atkins diet, low carb, mayo clinic diet, whole 30, ... diet, dash diet, paleo diet, weight loss) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Dash Diet: Top 45 Dash Diet Slow Cooker Recipes Rich in Protein, Fiber, Magnesium, Potassium, And Calcium (Dash Diet, Dash Diet Slow Cooker, Dash Diet ... Slow Cooker Recipes, Dash Diet Cookbook)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)