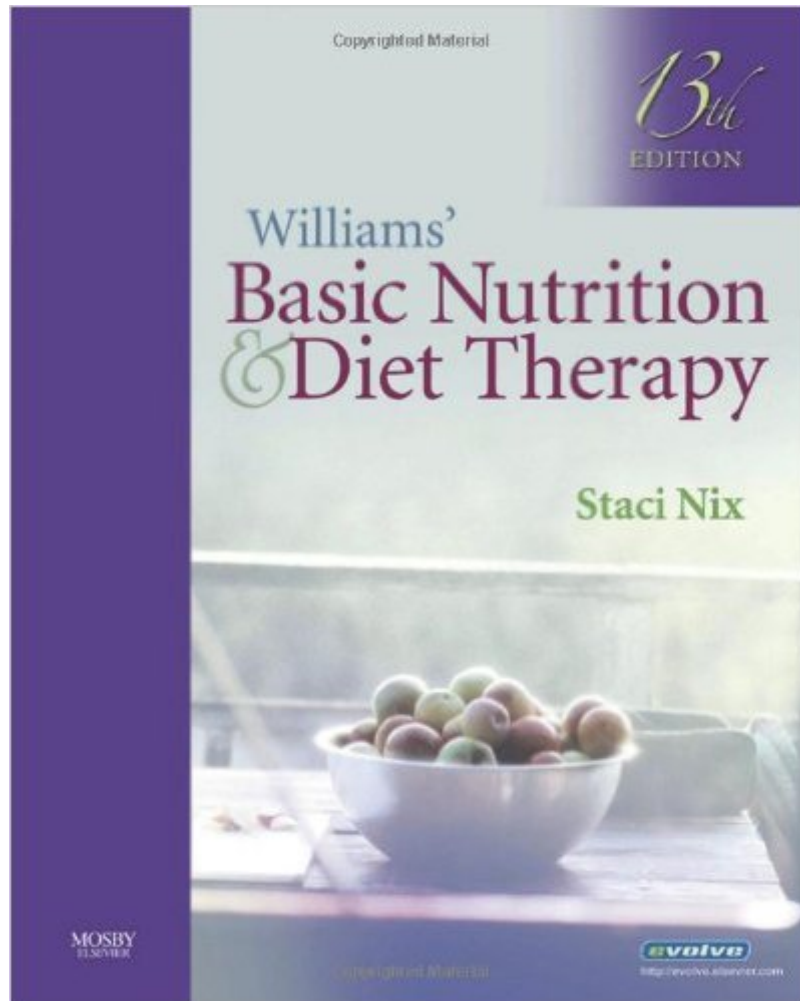


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# Williams' Basic Nutrition & Diet Therapy



## Synopsis

Part of the popular LPN Threads Series, Williams's™ Basic Nutrition & Diet Therapy is the market leader for a reason: you get coverage of hot topics, emerging trends, and cutting edge research, plus all the essentials for providing the best nutrition care. Written in a clear, conversational style, the book begins with the fundamental concepts of nutrition and then applies those concepts to diverse demographic groups in different stages of life. You also learn how selected disease processes work, and how to help communities and individuals achieve health and healthy living. A free CD contains Nutritrac, a computer program that helps you analyze case studies and create customized client profiles. An engaging design includes colorful openers, illustrations, boxes, tables, and text layout. Clinical Applications and For Further Focus boxes highlight hot topics and analyze concepts and trends in depth. Case studies in clinical care chapters focus attention on related patient care problems. Key Concepts and Key Terms condense critical information into easy-to-find boxes. Diet therapy guidelines include recommendations, restrictions, and sample diets for a number of major clinical conditions. Cultural Considerations boxes discuss how a patient's™ culture can affect nutritional concepts in practice. Challenge questions use true/false, multiple-choice, and matching formats to test your understanding of chapter content. Critical thinking questions challenge you to analyze, apply, and combine concepts. Chapter summaries put content into perspective in terms of the "big picture" in nutrition. Internet-based research and learning is emphasized and expanded throughout the text, citing key websites. Useful appendixes include information on cholesterol content, fiber content, cultural and religious dietary patterns, and more. A companion website contains case studies applying chapter content to real-life examples, 350 study questions for instant self-assessment, the most recent growth charts from the CDC, the ADA's™ Nutrition Care Process, and links to online information sources. Mosby's™ NUTRITRAC Nutrition Analysis and Weight Management CD offers the perfect clinical practice tool, letting you create customized personal profiles and analyze food intake and energy output • by using a database of more than 3,000 foods and more than 150 sporting, recreational, and occupational activities. Unique! Content threads share features with other LPN/LVN titles from Elsevier for a consistent learning experience. More than 50 new illustrations include more age and culturally diverse images as well as more illustrations of disease states. New assessment tools in the text include the Mini Mental State Examination, PAR-Q (Physical Activity Readiness Questionnaire), body composition measurement tools, and tools for energy requirement calculations. Drug-Nutrient Interaction boxes highlight potential adverse effects of specific medications. Updated statistics on diseases and conditions illustrate emerging trends and hot topics such as obesity and supplement

use. Updated Choose Your Foods: Exchange Lists for Diabetes in the appendix includes new content for culturally diverse populations. A new figure illustrates the complex processes of digestion and metabolism. Water Balance chapter includes the DRIs for fluids and provides the water content of selected foods. Nutrition in Infancy, Childhood, and Adolescence chapter adds information on the growing problem of overweight and obese children. Weight Management chapter covers food misinformation and fads, addressing the dangers and the groups vulnerable to such misinformation. Gastrointestinal and Accessory Organ Problems chapter includes recent research on the pathogenesis of celiac disease along with the principles and selected foods of the gluten-free diet for treatment. Coronary Heart Disease and Hypertension chapter is updated to follow the now-standard Therapeutic Lifestyle Change (TLC) diet to treat hypertension. Surgery and Nutritional Support chapter includes considerations and diets used in treatment for the post-bariatric surgery patient.

## **Book Information**

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## **Customer Reviews**

I am using this for a 2 credit Intro to Nutrition class this semester. While the book is informative, I have found that the explanations are not as organized or well pulled together or as basic as other Intro to Nutrition books. I have found that after I read the chapter required by my class, that I need to read another textbook or general nutrition book (ie. Nutrition for Dummies or The Idiots Guide to Total Nutrition) to explain what Nix is talking about. I will give you an example. On the first mention of ATP, there is not a good explanation of ATP--there is a diagram and then the text just assumes

you know what it is. I have had to research more information on the internet to educate myself about this for the chapter to make sense. Part of my education program is that I will need to take an Anat. and Phys course--so maybe I will understand that better after that course next semester, but I just felt there should be more. Also, there are so many explanations throughout the book that expect that you already know basic Anat. and Phys. There is a bit of outdated information here too (the MyPyramid has been updated since this book was published). On the positive side, the charts, graphs and pictures are very informative and I do enjoy the boxed information that gives additional information on topics for each chapter.

This book is very easy to read! There are lots of colorful diagrams and pictures. It'll be a good resource for writing your nursing case study papers, too :) There are end of the chapter questions that are very helpful.

Preface: I bought this book for nursing school, and I saved 125 dollars by buying it here instead of there. Pretty ridiculous on the school's end. Pros: In good used condition, and exactly as advertised. It was quite cheap. Cons: Not a single one...this was a fine little book. Service: It was shipped/received on time. It was packaged appropriately. No further service was needed, so I have no idea about customer service, which is exactly how I like it. Overall: I give this product 5 stars for being exactly as advertised, and shipped on-time. I would buy it again if the need arose, and I recommend it to anyone who needs/wants this textbook. Thoughts: I always buy one edition behind whatever the most recent one is. It's the same information, just rearranged, and quite seriously 5-10 times cheaper. The exception is any kind of a work-book, as you will need to have the same problems and page numbers as the instructor.

Very easy setup for learning and understanding. The cd is worth using. It tells you how many vitamins etc that you are actually getting in each meal so you can make adjustments for better health. Would recommend this book for anyone who wants to learn about nutrition without having to take a class.

This is an excellent college text book. I intend to keep it after my class is over. I recommend it.

This was a required text book, so I had little choice but to purchase it. It is rather basic, but could be a very useful starting point for someone interested in nutrition, on an introductory basis.

i received this book fast as i expected and shared to my classmates the thrill of ordering on .com!!!!more power to you guys and expect more orders from me in the near future!!!!awesome!!!

I loved it, just what I was looking for. I am very satisfied and very happy about this product, I received it on time, but the book was not in very good condition when I received it. Thank You

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