

Features:

- **Strong community focus** includes robust coverage of health promotion, cultural competence, patient safety, lifespan, and public health issues.
- **Person-centered approach** helps you develop practical solutions to individual problems, based on the authors' personal research and clinical experience.
- **MyPlate for Older Adults** is included, as developed by nutrition scientists at Tufts University and the AARP Foundation, along with the Nestlé Mini Nutritional Assessment Scale.
- **Health Promotion sections** help you with nutrition education, stressing healthy lifestyle choices and prevention as the best medicine.
- **Case studies** provide opportunities for problem solving, allowing you to apply concepts to practical situations in nutrition care.
- **Evidence-Based Practice boxes** emphasize critical thinking and summarize current research findings.
- **Focus on Culture boxes** highlight cultural competence and the nutritional deficiencies, health problems, and appropriate interventions relating to different cultural, ethnic, racial, and age groups.
- **Focus on Food Safety boxes** alert you to food safety issues related to a particular nutrient, population group, or medical condition.
- **Complementary and Alternative Medicine boxes** offer uses, contraindications, and advantages/disadvantages of common types of herbs and supplements, and potential interactions with prescription or over-the-counter medications.
- **Chapter summaries and review questions** reinforce your understanding of key concepts and their application.
- **Key terms** are identified in the text and defined on the page to help reinforce critical concepts.

New To This Edition:

- **NEW! Next Generation NCLEX® (NGN)-style case studies** apply concepts to realistic scenarios.
- **NEW! Dietary Guidelines** have been updated to the 2020-2025 edition with new illustrations.
- **NEW! Coverage of the Healthy People initiative** is updated to the 2030 national objectives.
- **NEW! Revised guidelines for potassium and sodium** fit the new recommendations for adequate intake of potassium and for sodium chronic disease risk reduction intake.
- **NEW! Content on obesity** is incorporated into the *Energy Balance* chapter.
- **NEW! Updated content on nutrients** is added.

- **NEW! Updated references** include many new and current works.

Περιεχόμενα:

PART 1: Introduction to Human Nutrition

1. Nutrition and Health
2. Digestion, Absorption, and Metabolism
3. Carbohydrates
4. Lipids
5. Proteins
6. Vitamins
7. Minerals and Water
8. Energy Balance

PART 2: Community Nutrition and the Life Cycle

9. Food Selection and Food Safety
10. Community Nutrition: Promoting Healthy Eating
11. Nutrition During Pregnancy and Lactation
12. Nutrition for Normal Growth and Development
13. Nutrition for the Aging Adult
14. Nutrition and Physical Fitness

PART 3: Introduction to Clinical Nutrition

15. Nutrition Assessment and Nutrition Therapy in Patient Care
16. Metabolic Stress
17. Drug-Nutrient Interactions
18. Nutrition Support: Enteral and Parenteral Nutrition
19. Gastrointestinal Diseases
20. Diseases of the Heart, Blood Vessels, and Lungs
21. Diabetes Mellitus
22. Renal Disease
23. Acquired Immunodeficiency Syndrome (AIDS)
24. Cancer

APPENDICES

- A: Body Mass Index
- B: Food Sources of Oxalates
- C: Calculation Aids and Conversion Tables
- D: Federal Food Assistance Programs