

Making Everything Easier!

Clinical Nutrition

FOR
DUMMIES[®]
A Wiley Brand

Learn to:

- Appreciate the relationship between food and a healthy body
- Navigate nutrition across the lifecycle
- Change your diet for maximum health
- Score your highest in your clinical nutrition course

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Clinical Nutrition For Dummies



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Get up to time on clinical diet for college, work, or your own health From the correct function of the major organs and the function that proper nutrition plays in their working, to a breakdown of carbs, proteins, body fat, vitamins, and nutrients, Clinical Nutrition For Dummies provides you with the easy-to-read guide you need to immerse yourself in the subject! Includes a complete breakdown of the partnership between diet and chronic diseases. Dive directly into the book for an exploration of the chemical substance and functional components of food, how exactly to properly assess your nutritional intake, the changing face of nutrition throughout the human lifespan, and so much more! This handy source offers a wealth of info, and specifically addresses the growing obesity and diabetes epidemics that promise to make the study of clinical nutrition more essential than ever before. Written in the fun style that the For Dummies series has become known for, the book is perfect for students in the wide variety of fields that require an in-depth understanding of clinical diet, or for those who would like to improve their very own lives through better nutrition. Dive in today to get started on the pathway to mastering this increasingly important subject. Explores the nutritional requirements at various life levels, from pediatric through geriatric. Features info on the need for proper nutrition during pregnancy. Shares tips for modifying dietary intake and wellness behavior theory, along with properly communicating wellness information. Clinical Nourishment For Dummies is usually your complete, fun guide to this issue of nutrition—



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Four Stars just what I needed thanks No Fluff Good book for just the facts. The book was still left on my front porch and it had been raining all day. I was not happy! I would recommend I for individuals who need to get to the nitty gritty without the fluff Great resource book Great book to assist with knowledge in Medical Diet Therapy Great book This book has a lot of great infor Five Stars A+++++ Four Stars What I've read it is a good resource gor review. I had not been happy! The publication was wet when I got it.



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