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UNDERSTANDING
NORMAL AND CLINICAL

Nutrition

TENTH
EDITION



Sharon Rady Rolfes

Understanding Normal and Clinical Nutrition



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UNDERSTANDING NORMAL AND CLINICAL NUTRITION, Tenth Edition, supplies the most current and in depth coverage of the fundamentals of nutrition and diet therapy for an introductory course. Features such as case studies, "HOW EXACTLY TO" boxes with real-world good examples, and research cards help learners apply the material and build their conceptual understanding. The later on chapters cover "scientific" nutrition--the pathophysiology and nourishment therapy for an array of medical conditions. Whatever the students' history, the consistent level, approachable narrative, and careful explanations in UNDERSTANDING Regular AND CLINICAL Nourishment will engage students and enable them to end up being actively mixed up in field of nourishment. The early chapters concentrate on "normal" diet, including metabolism and digestion, vitamins and minerals, and life cycle diet. The written text integrates practical info and valuable assets to help students apply nutrition knowledge and skills with their daily lives and the medical setting.



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A 3 star ranking with reservations I had to provide this book a 3 star ranking for the simple information it contains regarding the enzymatic pathways used by each vitamin or mineral. The publication can be easy to read. With that said however, this book is typical American Dietetic Association Clap Trap. I have both 6th and 7th Editions of the book and with only little qualifications in the 7th edition, both books endorse aspartame and condemn stevia, regurgitate standard federal government misinformation about nutrition, knock dietary supplements, and also list Steven Barrett's Quackwatch site as a trusted way to obtain information on what is quackery and what is not! The chapters on Cancer and HIV and Nutrition are virtually useless. In the event that you do buy this book for the basic information it contains on metabolic pathways and co-enzyme structures, then do yourself a favor and in addition get "Clinical Nutrition, AN OPERATING Approach", released by the Institute for Useful Medicine, and "THE TRUE Vitamin and Mineral Book", by Shari Lieberman, amongst others.! It was a good deal. The reserve was very useful to my ..The book was very useful to my class. What I did so like was the info presented greatly favored with FDA/USDA. The institution was selling this book new for a little more than \$400, I found it new on Amazon for under \$274. It was a good deal.. But it was much more helpful to myself ' cause it helped me learn how to select my meals wisely. Good Choice for College students, Has Limitations This book has very scientific explanations of all areas of human nutrition. I would recommend whoever is certainly interesting in learning even more about having a healthy diet to buy this book. Lots of contradictions about dieting especially dairy consumption and meats consumption. It is the type of book you want to keep forever since it has really helpful information that you could apply to your everyday lifestyle.! I have been enjoying the way the authors put this publication together. That is a great buy and will definitely be a go to resource book for several years to come. Awesome coverage of everything nutrition! Overall it's good not great, I got it for a class but I do refer to it from time to time. This is an excellent book! I loved learning about nutrition beforehand which actually gives me a solid knowledge in a so many areas of this subject. I must say i enjoy the post chapter highlights that cover from clinical nourishment to common health issues connected with food. For a cheap book for college students, it is still a great choice. Has the right basic chemistry when it comes to nutrition. We like renting books as purchasing them on campus can be horribly expensive, particularly if you probably won't reference them once again anyway. Easy to return as well. Pretty decent book Pretty decent book. Information is pretty up to date and I learned a few fresh things. I purchased this book simply because a requirement for one of my classes. It really is an amazing direct on how to consume to live healthy as you figure out how to select food, snacks, drinks, etc wisely. I bought this book for my nutrition course for my Nursing program. Eh...Wouldn't buy it unless We had too I had to get this book for college. It has okay info in it, nonetheless it seems like the FDA/ADA and the federal government supplied all the details. GOOD READ This textbook is actually a really good read. I wouldn't also consider buying this reserve unless I had to for school. Nice Book Exact book needed for school nutrition class. I am into holistic nutrition which is not holistic. It gets just a little dense on some subjects, and has an excessive amount of on a few medical dietetic issues, so overall it could be lopsided. What's convenient about it too is that by the end of each chapter, there is a Highlights section that goes into further detail about the subject and applies it to true to life. Five Stars Book was in great form!. Five Stars ? Bought it used. Needlessly to say. Does the job . Just what I wanted Five Stars Best for understanding science and nutrition Five Stars Loved using this book for class.. Bought it used. As expected.! Needed for my nutrition course. I'd not spend the amount of money for a new copy of this, egads!! Does the job. It is a good choice for students, however, not people hoping to obtain a good reference and go-to reserve. Find out the Real LEADING EDGE science of Diet and why standard American Dietetic Association Fare with their Corrupt Corporate sponsors calling the shots in Government Nutrition info is not reliable. Five Stars Fast shipping and good quality.



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