

12th Edition

# Nutrition & Diet Therapy



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Ruth A. Roth and  
Nutrition & Diet Therapy



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Providing a good foundation, NUTRITION & DIET THERAPY, 12E provides a completely up-to-date intro to the requirements of nutrition concepts, good health, and client caution. and Section 3 addresses medical nutrition therapy. Extremely student friendly, it really is structured around three simple concepts: Section 1 addresses the fundamentals of nutrition, Section 2 explains diet over the life routine; It equips you with the various tools to more effectively help clients enhance their nutrition and general health -- as our nation faces higher prices of preventable chronic disease resulting from poor diet plan quality and physical inactivity. and a Diet & Wellness app. interactive Case in Point and Price this Plate exercises; customer scenarios; flashcards; self-quizzes; NCLEX-style quizzing; Maximize your training course success with the numerous hands-on activities throughout the text message and the MindTap digital learning option, which include an interactive eBook with highlighting and note-taking functions;



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