

Barker

Nutrition and Dietetics for Health Care

This book provides an introduction to nutrition and dietetics from a health care perspective. It goes beyond what can be found in general nursing texts while remaining at a level suitable for the pre-registration student. The text comprehensively covers the whole area of dietetics and nutrition with the topics divided into three sections: - The science of nutrition, Community Nutrition and Therapeutic nutrition and dietetics. It is therefore useful as a reference text for those already working in the field of patient care. It has been revised completely to include the latest government guidelines on nutrition. - Updated to include recent COMA (Committee on Medical Aspects of Food Policy) recommendations regarding diet and cancer and coronary heart disease - Comprehensive coverage of a wide range of topics and client groups including - The science of food-outlines principles of good nutrition - Community Nutrition-covers all aspects of nutritional care for members of the community including those with special needs - Therapeutic Nutrition and dietetics-outlines those therapeutic diets most usually used for the treatment of disease. - Information presented in a clear and attractive way - The author is recognised and well respected in the field of nutrition and dietetics. She has experience of teaching a wide range of students (nursing, dietetics, pharmacy, biological sciences) and is thus best placed to understand the information needs of these students - The book's elementary nature makes it ideal for students who lack knowledge about nutrition and dietetics. It can also act as a reference publication for those already working in the area. In both instances it will boost confidence and promote good practice

New Chapters on - Public Health Nutrition - Malnutrition in hospitals - Diet and cancer - Diet and HIV infection - Food Standards Agency - Fully Updated Illustrations and References



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