



# **Williams' Basic Nutrition & Diet Therapy - Elsevier eBook on VitalSource (Retail Access Card), 14e**

*Staci Nix MS RD CD*

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- An engaging design includes colorful openers, illustrations, boxes, tables, and text layout.
- Clinical Applications and For Further Focus boxes highlight hot topics and analyze concepts and trends in depth.
- Case studies in clinical care chapters focus attention on related patient care problems.
- Key Concepts and Key Terms condense critical information into easy-to-find boxes.
- Diet therapy guidelines include recommendations, restrictions, and sample diets for a number of major clinical conditions.
- Cultural Considerations boxes discuss how a patient's culture can affect nutritional concepts in practice.
- Challenge questions use true/false, multiple-choice, and matching formats to test your understanding of chapter content.
- Critical thinking questions challenge you to analyze, apply, and combine concepts.
- Chapter summaries put content into perspective in terms of the "big picture" in nutrition.
- Internet-based research and learning is emphasized and expanded throughout the text, citing key websites.
- Useful appendixes include information on cholesterol content, fiber content, cultural and religious dietary patterns, and more.
- A companion website contains case studies applying chapter content to real-life examples, 350 study questions for instant self-assessment, the most recent growth charts from the CDC, the ADA's Nutrition Care Process, and links to online information sources.
- Mosby's NUTRITRAC Nutrition Analysis and Weight Management CD offers the perfect clinical practice tool, letting you create customized personal profiles and analyze food intake and energy output - by using a database of more than 3,000 foods and more than 150 sporting, recreational, and occupational activities.
- Unique! Content threads share features with other LPN/LVN titles from Elsevier for a consistent learning experience.
- More than 50 new illustrations include more age and culturally diverse images as well as more illustrations of disease states.
- New assessment tools in the text include the Mini Mental State Examination, PAR-Q (Physical Activity Readiness Questionnaire), body composition measurement tools, and tools for energy requirement calculations.
- Drug-Nutrient Interaction boxes highlight potential adverse effects of specific medications.
- Updated statistics on diseases and conditions illustrate emerging trends and hot topics such as obesity and supplement use.
- Updated Choose Your Foods: Exchange Lists for Diabetes in the appendix includes new content for culturally diverse populations.
- A new figure illustrates the complex processes of digestion and metabolism.
- Water Balance chapter includes the DRIs for fluids and provides the water content of selected foods.
- Nutrition in Infancy, Childhood, and Adolescence chapter adds information on the growing problem of overweight and obese children.
- Weight Management chapter covers food misinformation and fads, addressing the dangers and the groups vulnerable to such misinformation.

- Gastrointestinal and Accessory Organ Problems chapter includes recent research on the pathogenesis of celiac disease along with the principles and selected foods of the gluten-free diet for treatment.
- Coronary Heart Disease and Hypertension chapter is updated to follow the now-standard Therapeutic Lifestyle Change (TLC) diet to treat hypertension.
- Surgery and Nutritional Support chapter includes considerations and diets used in treatment for the post-bariatric surgery patient.



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