

Williams' Basic Nutrition & Diet Therapy

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For concise, need-to-know coverage of the most up-to-date topics and research in nutritional care turn to Williams' Basic Nutrition & Diet Therapy, 15th Edition. This market leading text provides coverage of hot topics, emerging trends, and cutting-edge research, plus all the essentials for providing the best nutrition care. And with its conversational writing style, vivid illustrations, and wide array of reader-friendly features you can easily understand how the concepts in the book can be applied in clinical practice.

- >> Case studies with accompanying questions for analysis in the clinical care chapters focus your attention on related patient care problems.
- >> Cultural Considerations boxes discuss how a patient's culture can affect nutritional concepts in practice.
- >> Clinical Applications and For Further Focus boxes highlight timely topics and analyze concepts and trends in depth.
- >> Bulleted chapter summaries review highlights from the chapter and help you see how the chapter contributes to the book's "big picture."
- >> Diet therapy guidelines include recommendations, restrictions, and sample diets for major clinical conditions.
- >> Drug-Nutrient Interactions boxes highlight important safety information and cover topics such as nutritional supplements for athletics, drugs interfering with vitamin absorption, and over-the-counter weight loss aids.
- >> Key terms and definitions clarify terminology and concepts critical to your understanding and application of the material.
- >> NEW! Completely updated content incorporate the recently released 2015 dietary guidelines, Healthy People objectives, nutrition labels, common weight-loss diets, FDA/CDC statistics/warnings regarding trans fatty acids, disordered eating, and more.
- >> NEW! New chapter review questions reflect the latest NCLEX Exam format. Answers to these questions will appear in the appendix.
- >> NEW! Rewritten chapters on clinical nutrition take a more application-based approach and feature clarified explanations, enhanced readability, a focus on the most relevant and practical information, and new topics such as energy expenditure calculations, water balance, cirrhosis complications, diet plans for diabetes, and more.
- >> NEW! Updated Nutrition and Physical Fitness chapter written by sport dietitian Kary Woodruff reflects the latest research in the field, including new questionnaires used for exercise readiness, current recommendations for energy needs, and nutritional considerations for athletic performance.
- >> NEW! Updated Weight Management chapter written by certified adult weight management dietitian Theresa Dvorak reflects the latest research in the field, including the role of genetics, disordered eating, treatments for obesity, and more.

Other Books

Williams' Essentials of Nutrition and Diet Therapy - Binder Ready, Learn the latest nutrition and diet therapies for treating common diseases. Williams' Essentials of Nutrition & Diet Therapy, 12th Edition offers a solid foundation in the fundamental knowledge and skills you need to provide effective patient care. It addresses nutrition across the lifespan and includes the 2015 Dietary Goals for Americans as well as MyPlate for Older Adults. This

exceptionally reader-friendly text features evidence-based information, real-world case scenarios, colorful illustrations, boxes, and tables to help you learn how to apply essential nutrition concepts and therapies in clinical practice. Strong community focus is threaded throughout with robust coverage of health promotion, cultural competence, patient safety, lifespan, and public health issues. Focus on Culture boxes introduce you to cultural competence and the special nutritional needs, health problems, and appropriate interventions applicable to different cultural, ethnic, racial and age groups. Focus on Food Safety boxes alert you to food safety issues related to a particular nutrient, age group, or medical condition. Health Promotion section devoted solely to health promotion and wellness stresses healthy lifestyle choices and prevention as the best medicine. Diet-Medication Interactions boxes provide diet-warnings related to specific prescription drugs. Evidence-Based Practice boxes summarize current research findings. Complementary and Alternative Medicine (CAM) boxes offer uses, contraindications, and advantages/disadvantages of common types of herbs and supplements and potential interactions with prescription or over-the-counter medications. Perspective in Practice boxes supply you with practice elements for nutrition education. Key terms identified in the text and defined on the page help reinforce critical concepts. NEW! Includes the 2015 Dietary Goals for Americans which covers the latest guidelines and medications. NEW! MyPlate for Older Adults developed by the Tufts University Human Research Center on Aging and the AARP Foundation replaces former Food Guide Pyramid. NEW! Newly-approved Nutrition Labeling Guidelines incorporated into text along with the latest medications, research findings, and clinical treatment therapies. NEW! New and refreshed case studies illustrate key concepts in authentic, real-life scenarios that reinforce learning and promote nutritional applications. NEW! Expanded coverage of health promotion includes strategies for implementation. NEW! New coverage of text messages for nutrition and health information includes what to watch out for when visiting health-related web sites.

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