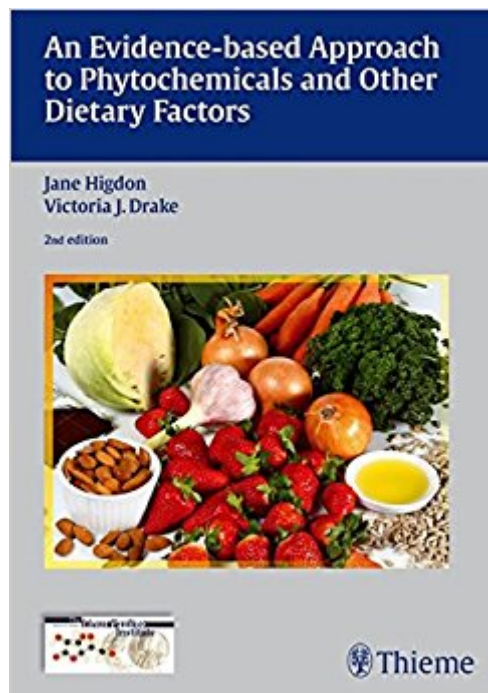




Ebook Directory
the best source of ebook

The book was found

An Evidence-based Approach To Phytochemicals And Other Dietary Factors



Synopsis

Now in a completely updated second edition, *An Evidence-based Approach to Dietary Phytochemicals and Other Dietary Factors* is a trusted resource for all health professionals who need to interpret the explosion of information on the role of a plant-based diet in health and disease. It consolidates a wealth of scientifically accurate, peer-reviewed data on plant foods, dietary phytochemicals, and dietary supplements, and includes information on essential intake recommendations, dietary sources, nutrient and drug interactions, phytochemicals in disease prevention, possible adverse effects, and much more. **Special features:** All chapters revised and updated, with new sections on choline, coenzyme Q10, L-Carnitine, lipoic acid, and other dietary factors. Logically structured for quick access to information: begins with the evidence-based benefits of fruits and vegetables, legumes, nuts, whole grains, coffee, and tea; and goes on to the scientific and clinical data on individual dietary phytochemicals and classes of phytochemicals, including carotenoids, flavonoids, fiber, and more. Summaries at the end of each chapter for rapid review. Peer-reviewed by experts in the field, ensuring that all material is accurate and up-to-date. The well-constructed appendix includes not only a quick reference to diseases and foods and where to find them in the book, but also useful tables on phytochemical-drug interactions, phytochemical-nutrient interactions, and phytochemical-rich foods; a summary of the glycemic index of dietary carbohydrates; and a comprehensive glossary of terms.

Book Information

Hardcover: 368 pages

Publisher: TPS; 2nd edition edition (December 10, 2012)

Language: English

ISBN-10: 3131418427

ISBN-13: 978-3131418425

Product Dimensions: 7 x 0.9 x 9.6 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 6 customer reviews

Best Sellers Rank: #1,062,530 in Books (See Top 100 in Books) #101 in Books > Health, Fitness & Dieting > Nutrition > Antioxidants & Phytochemicals #116 in Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Diet Therapy #393 in Books > Medical Books > Allied Health Professions > Diet Therapy

Customer Reviews

Praise for the First Edition: "I highly recommend this monograph for physicians, dietitians, and other health practitioners as well as the health-aware public. It captures what you need to know in a succinct but comprehensive fashion." -- "American Journal of Lifestyle Medicine " Now in a completely updated second edition, "An Evidence-based Approach to Dietary Phytochemicals and Other Dietary Factors" is a trusted resource for all health professionals who need to interpret the explosion of information on the role of a plant-based diet in health and disease. It consolidates a wealth of scientifically accurate, peer-reviewed data on plant foods, dietary phytochemicals, and dietary supplements, and includes information on essential intake recommendations, dietary sources, nutrient and drug interactions, phytochemicals in disease prevention, possible adverse effects, and much more. Special features: All chapters revised and updated, with new sections on choline, coenzyme Q10, L-Carnitine, lipoic acid, and other dietary factors Logically structured for quick access to information: begins with the evidence-based benefits of fruits and vegetables, legumes, nuts, whole grains, coffee, and tea; and goes on to the scientific and clinical data on individual dietary phytochemicals and classes of phytochemicals, including carotenoids, flavonoids, fiber, and more Summaries at the end of each chapter for rapid review Peer-reviewed by experts in the field, ensuring that all material is accurate and up-to-date The well-constructed appendix includes not only a quick reference to diseases and foods and where to find them in the book, but also useful tables on phytochemical-drug interactions, phytochemical-nutrient interactions, and phytochemical-rich foods; a summary of the glycemic index of dietary carbohydrates; and a comprehensive glossary of terms Concisely synthesizing a huge amount of epidemiological and clinical research, and emphasizing the importance of a phytochemical-rich diet over dietary supplements, this book is ideal for nutritionists, dieticians, nurses, and other health care professionals who need to educate patients about sound food choices. Students in graduate programs in nutrition, food science, pharmacy, and allied health fields will also find the abundance of rigorous, scientifically accurate information essential in their studies."

Linus Pauling Institute, Oregon State University, Corvallis, OR, USA

This book is the most comprehensive compilation of scientific knowledge that I have come across about the effects of diet and supplements on health and disease.

Very impressed with the concise presentation for information and recommendations. I believe everything in the book is available on the web site for the University of Oregon Linus Pauling Institute

I learned a lot from this book...it has lot of detailed research on different diseases and phytochemicals. Really worth the investment.

Very good information.

Was not what I was looking for - Study results. Period.

I bought this for an online Nutrition class. I have only thumbed through it but it looks easy to follow and I'm really excited to learn more.

[Download to continue reading...](#)

An Evidence-based Approach to Phytochemicals and Other Dietary Factors
Difficult Decisions in Vascular Surgery: An Evidence-Based Approach (Difficult Decisions in Surgery: An Evidence-Based Approach)
PDR for Nonprescription Drugs, Dietary Supplements and Herbs: The Definitive Guide to OTC Medications (Physicians' Desk Reference for Nonprescription Drugs, Dietary Supplements & Herbs)
Clinical Practice of Forensic Neuropsychology: An Evidence-Based Approach (Evidence-Based Practice in Neuropsychology)
Evidence-Based Practice For Nurses: Appraisal and Application of Research (Schmidt, Evidence Based Practice for Nurses)
Evidence-Based Medicine: How to Practice and Teach It, 4e (Straus, Evidence-Based Medicine)
The DASH Diet Action Plan: Based on the National Institutes of Health Research: Dietary Approaches to Stop Hypertension
Models and Frameworks for Implementing Evidence-Based Practice: Linking Evidence to Action
Evidence Trumps Belief: Nurse Anesthetists and Evidence-Based Decision Making
Clinical Evidence Made Easy: The basics of evidence-based medicine
Handbook of Biblical Hebrew: An Inductive Approach Based on the Hebrew Text of Esther (An Inductive Approach Based on the Hebrew Text of Esther, 2 Vols. in 1)
Facilitation of Therapeutic Recreation Services: An Evidence-Based and Best Practice Approach to Techniques and Processes
Sailing Theory and Practice. A Scientific Analysis, with 335 Drawings and Photographs of the Aerodynamic, Hydrodynamic and Other Design Factors which Define a Yacht's Behaviour.
Evidence-Based Practice: An Integrative Approach to Research, Administration and Practice
Communication Sciences and Disorders: A Clinical Evidence-Based Approach (3rd Edition)
Language Disorders in Children: An Evidence-Based Approach to Assessment and Treatment
2016 Statutory Supplement to Evidence: A Problem-Based and Comparative Approach, Third Edition (Revised Printing)
Evidence: A Problem-Based and Comparative Approach, Third Edition, Revised Printing
Children's

Speech: An Evidence-Based Approach to Assessment and Intervention (What's New in Communication Sciences & Disorders) Clinical Orthopaedic Rehabilitation: An Evidence-Based Approach: Expert Consult - Online and Print, 3e (Expert Consult Title: Online + Print)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)