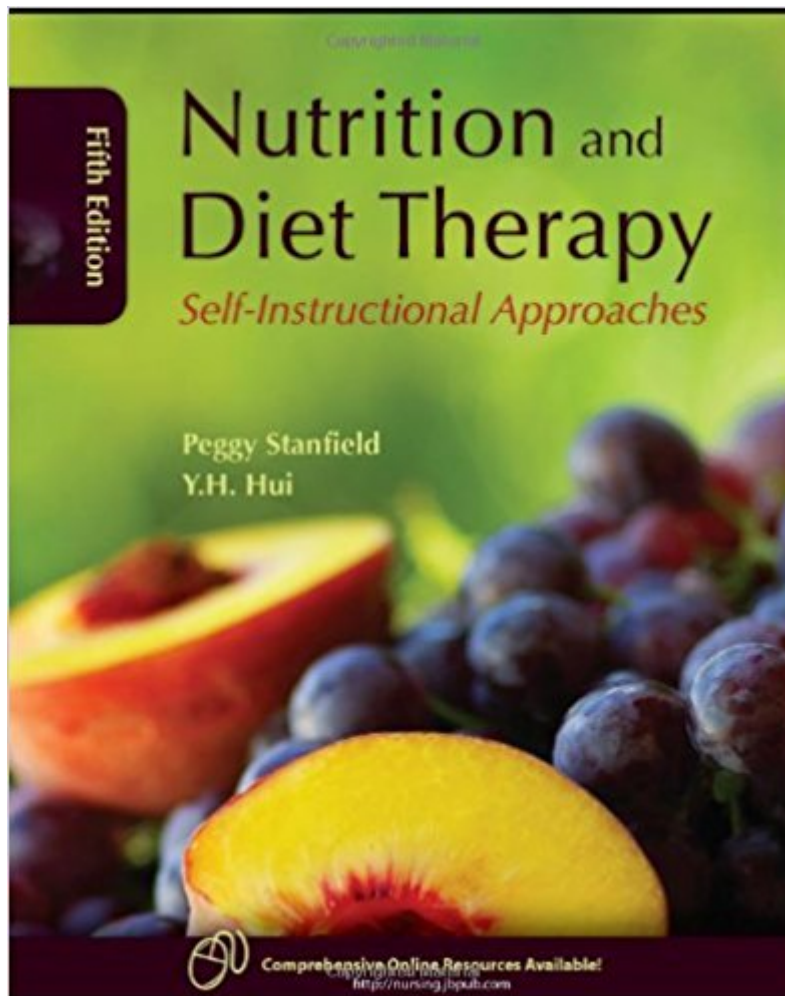




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Nutrition And Diet Therapy: Self-Instructional Approaches



Synopsis

Nutrition and Diet Therapy: Self-Instructional Approaches covers the fundamentals of basic nutrition, and then nutrition as therapy, in both adults and children. It is designed to work as a traditional text or a self-instructional text that allows for distance-learning and self-paced instruction. Progress checks throughout each chapter and chapter post-tests help students to evaluate their comprehension of key information. The Fifth Edition has been completely revised and updated to include My Pyramid and corresponding DRIs and all of the all figures and tables have been revised.

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Customer Reviews

As a student, I was repeatedly tested on applying various formulas for determining proper nutrition levels among various patient daily intake examples and it was quite helpful to have these formulas within one textbook that provided me the means to calculate for both imperial and metric for each solution. The material is relevant and current -- I find most subsequent information to be more trendy than necessary and this book provides all the 'necessary' without going into the fad-based info. If I could only have one book for my nutrition courses, I would not want to be without this one!

Everything I had to know about nutrition is inside this book. My professor is not that great of a teacher but by reading the book I have been able to pass the last two previous exams with A's! Definitely worth the buy.

Good book, exactly what I needed for class! Came in time. Love the diabetics exchange list in the appendix. It has helped me through my class and to help others.

This book is like new and well worth the money I spent for it. I would like to thank you because I really needed this book.

I am in College and I am using this book for one of my classes! It's a great book and I have taken away a lot of knowledge. I would recommend this book to anyone!

This book wasn't the greatest book I've ever read, but it was a requirement for my college nutrition class. It is a pretty quick read and easy to understand.

I needed to purchase this book for school. I really like it; the only thing I noticed though, is the that occasionally some of the questions at the end of each chapter ask for answers that really aren't given to you. It makes you look somewhere else other than the book. I don't particularly care for that.

This book arrived in a timely fashion and in great shape. I would be happy to do business with this company again

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