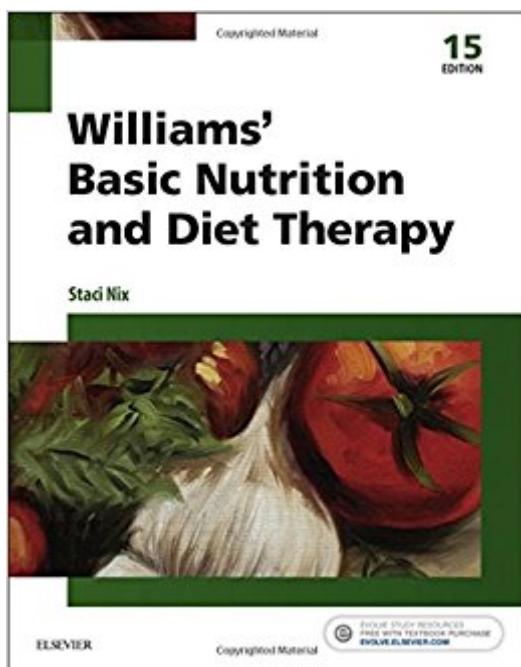


The book was found

# Williams' Basic Nutrition & Diet Therapy, 15e (Williams' Essentials Of Nutrition & Diet Therapy)



## Synopsis

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.

## Book Information

Series: Williams' Essentials of Nutrition & Diet Therapy

Paperback: 528 pages

Publisher: Mosby; 15 edition (August 4, 2016)

Language: English

ISBN-10: 0323377319

ISBN-13: 978-0323377317

Product Dimensions: 0.8 x 8.5 x 11 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 5 customer reviews

Best Sellers Rank: #21,823 in Books (See Top 100 in Books) #7 in Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Diet Therapy #12 in Books > Medical Books > Allied Health Professions > Diet Therapy #21 in Books > Textbooks > Medicine & Health Sciences > Nursing > Clinical > Nutrition

## Customer Reviews

This book helped me in the class I was taken.

As described!

In general the book information is very interesting, i had learned new important things about nutrition. The book is a requirement for my class.

Came in good shape

This book is short, sweet and to the point

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

Williams' Basic Nutrition & Diet Therapy, 15e (Williams' Essentials of Nutrition & Diet Therapy)

Williams' Essentials of Nutrition and Diet Therapy, 10e (Williams' Essentials of Nutrition & Diet

Therapy) Nutrition Essentials and Diet Therapy, 11e (Nutrition Essentials and Diet Therapy

(Peckenpau) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic

Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory

Diet, Low Carb Diet) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes

and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for

Beginners, HCG Phase 3) Nutrition and Diet Therapy (Nutrition & Diet Therapy) Williams' Essentials

of Nutrition and Diet Therapy, 11e Williams' Basic Nutrition & Diet Therapy, 14e (LPN Threads)

Williams' Basic Nutrition & Diet Therapy - E-Book (LPN Threads) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know \*\*BONUS\*\* 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) Ideal Protein Diet Cookbook: Your Ideal Protein Nutrition Plan for Perfect Fitness and Wellness (Ideal Protein Diet, High Protein Diet, Perfect Protein Diet, Lose Weight, Protein Diet Plan) Modern Essentials Bundle 6th - Modern Essentials 6th Edition a Contemporary Guide to the Therapeutic Use of Essential Oils, An Introduction to Modern Essentials, and Modern Essentials Reference Card Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Toddler Diet: Nutrition and Balanced Diet for Toddlers( toddler cookbook, toddler nutrition, toddler meals, baby food cookbook, baby diet, recipes for children,toddler recipes,baby food recipes) Toddler Diet: Nutrition and Balanced Diet for Toddlers( toddler cookbook, toddler nutrition, toddler meals, baby food cookbook, baby diet, recipes for ... recipes,baby food recipes) (Volume 1) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)