



Nutrition and Diet Therapy

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Wadsworth Publishing, 2007. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: 1. Overview of Nutrition and Health. Nutrition in Practice: Finding the Truth about Nutrition. 2. Carbohydrates. Nutrition in Practice: Dental Health. 3. Lipids. Nutrition in Practice: Figuring Out Fats. 4. Proteins and Amino Acids. Nutrition in Practice: Vegetarian Diets. 5. Digestion and Absorption. Nutrition in Practice: Food Safety. 6. Metabolism, Energy Balance, and Body Composition. Nutrition in Practice: Eating Disorders. 7. Overweight, Underweight, and Weight Management. Nutrition in Practice: Fad Diets. 8. The Vitamins. Nutrition in Practice: Phytochemicals and Functional Foods. 9. Water and the Minerals. Nutrition in Practice: Vitamin and Mineral Supplements. 10. Fitness and Nutrition. Nutrition in Practice: Supplements and Performance Enhancing Aids Athletes Use. PART II: NUTRITION THROUGHOUT LIFE. 11. Nutrition Through the Life Span: Pregnancy and Lactation. Nutrition in Practice: Encouraging Successful Breastfeeding. 12. Nutrition Through the Life Span: Infancy, Childhood, and Adolescence. Nutrition in Practice: Childhood Obesity and the Early Development of Chronic Disease. 13. Nutrition Through the Life Span: Later Adulthood. Nutrition in Practice: Hunger and Community Nutrition. PART III. NUTRITION IN HEALTH CARE. 14. Illness and Nutrition Care. Nutrition in Practice: Nutritional Genomics. 15. Medications, Herbal Remedies,...



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