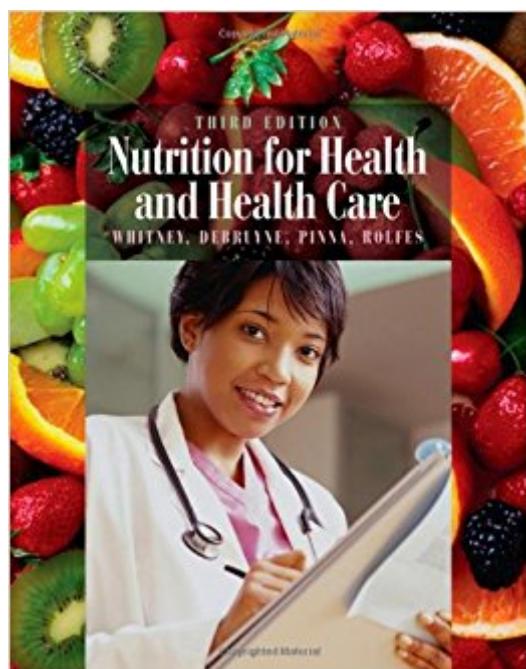


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# **Nutrition For Health And Health Care (with InfoTrac 1-Semester Printed Access Card)**



## **Synopsis**

NUTRITION FOR HEALTH AND HEALTH CARE, Third Edition is designed for the clinical nutrition and/or diet therapy nutrition course, taught at both two- and four-year colleges and universities, in departments of Nursing, Nutrition, and Dietetics. It covers both the basic "normal" nutrition concepts, including metabolism, vitamins, minerals, carbohydrates, and life cycle, followed by chapters on "clinical" topics organized by organ systems, linking nutrition to different disease states, such as diabetes, renal disease, and liver disorders. The text is full of supportive pedagogy, from review sections to case studies and quantitative activities. There are also new review questions to help students prepare for the NCLEX exam. Plus, beyond the text, there are a number of supplementary materials, including the Instructor Resource CD-ROM with PowerPoint lecture slides and text images, Diet Analysis+ 8.0, and Web support for online teaching.

## **Book Information**

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## **Customer Reviews**

Ellie Whitney, Ph.D. grew up in New York City and received her BA and PhD degrees in English and Biology at Harvard and Washington Universities. She taught at both Florida State University and Florida A&M University, wrote newspaper columns on environmental matters for the TALLAHASSEE DEMOCRAT, and coauthored almost a dozen college textbooks on nutrition, health, and related topics, many of which repeatedly reappear as new editions. She spent three decades exploring outdoor Florida and studying its ecology, and then cowrote PRICELESS FLORIDA: NATURAL ECOSYSTEMS AND NATIVE SPECIES (Pineapple Press, 2004). Now

retired, and more concerned about climate change than any other issue, she volunteers full-time for the nonpartisan national nonprofit Citizens Climate Lobby. Linda Kelly DeBruyne, MS, RD received her BS in 1980 and her MS in 1982 in nutrition and food science at Florida State University. She is a founding member of Nutrition and Health Associates, an information resource center in Tallahassee, Florida, where her specialty areas are life cycle nutrition and fitness. Her other publications include the textbooks **NUTRITION FOR HEALTH AND HEALTH CARE**, **HEALTH: MAKING LIFE CHOICES**, and the multimedia CD-ROM **NUTRITION INTERACTIVE**. She is a registered dietitian and maintains a professional membership in the Academy of Nutrition and Dietetics. Kathryn Pinna received her M.S. and Ph.D. in nutrition from the University of California at Berkeley. She has taught nutrition, food science, and human biology courses in the San Francisco Bay Area for over 25 years and has also worked as an outpatient dietitian, Internet consultant, and freelance writer. Her other publications include the textbooks **Understanding Normal and Clinical Nutrition** and **Nutrition for Health and Health Care**. She is a registered dietitian and member of the American Society for Nutrition and the Academy of Nutrition and Dietetics. Sharon Rady Rolfes is a registered dietitian nutritionist and a founding member of Nutrition and Health Associates, an information resource center that maintains a research database on more than 1,000 nutrition-related topics. She has taught at Florida State University and coauthored several other college textbooks, including **UNDERSTANDING NORMAL AND CLINICAL NUTRITION**, 10th EDITION. In addition to writing, she serves as a consultant for various educational projects, and volunteers on the board of Working Well, a community initiative dedicated to creating a healthy workforce. A member of the Academy of Nutrition and Dietetics, Ms. Rady Rolfes received her MS in nutrition and food science from Florida State University.

I used this to study for the NLN (National League of Nurses) Nutrition exam and passed. I was able to read it over the course of two weeks. The book was an enjoyable read, but if you are using it for the NLN exam, make sure to study a different source about units and time for delivery of parenteral nutrition.

I ordered the book thinking it was used, and I received it brand new. Of course for \$1.50 I wasn't expecting much and figured they were just trying to get rid of the old edition, but I was pleasantly surprised. I was not about to pay \$100 for the fourth edition when the third was practically the same, so I'm glad I bought from Tree of Life. I will definitely use them again in the future!

Great source for the NLN Nutrition Exam!!! I had the study guide for the NLN Nutrition Exam and solely utilized this book despite the few things I had to search for on Google! Your guaranteed to pass the test if you put in the time to study!!

I bought this book to review for my NLN nutrition exam. I didn't have a lot of time to study. I got a used edition at a great price and it was money well spent. It was a good nursing review of nutrition with a lot of practical applications. I would recommend it. By the way, I aced the exam.

This is a really good nutrition book. You may find it useful to keep, if you plan on doing a good job of teaching "nutrition and diet teaching" to a patient. In nursing clinicals you will find yourself responsible for teaching diabetic diets, heart healthy diets, etc... Also you will want to teach why any one of these diets are important for the patient to know and practice. This is the book to help you do it.

This book was really just for a class I was taking but have found a very high appreciation for it. It is a good guideline to follow for life.

Great quality of the book for an awesome price. The shipment was also super fast. I am very satisfied with this purchase! Thank you so much!

I was able to get this book for only a few dollars instead of the \$100+ the book store wanted. Good buy!

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