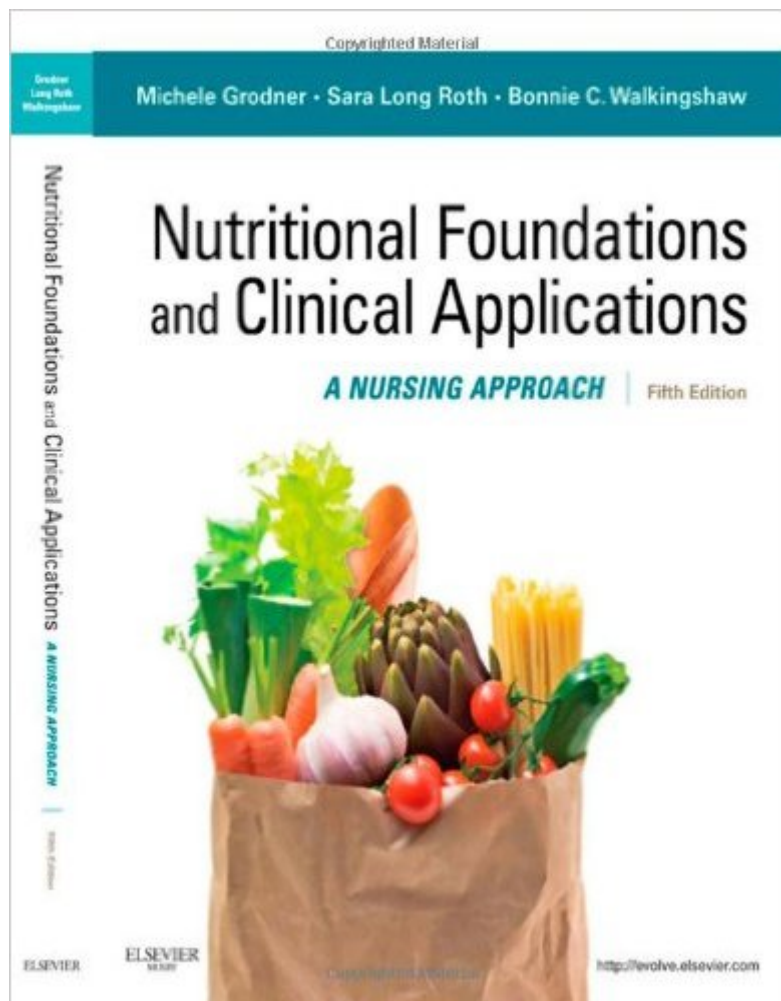


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# Nutritional Foundations And Clinical Applications: A Nursing Approach, 5e (Foundations And Clinical Applications Of Nutrition)



## Synopsis

Now in its 5th edition, the critically acclaimed *Nutritional Foundations and Clinical Applications, A Nursing Approach* offers you a comprehensive, first-hand account of the ways in which nutrition affects the lives of nursing professionals and everyday people. Discussions on nutritional needs and nutritional therapy, from the nurse's perspective, define your role in nutrition, wellness, and health promotion. The dynamic author team of Grodner, Roth, and Walkingshaw utilizes a conversational writing style, and a variety of learning features help you apply your knowledge to the clinical setting. Content updates, specifically to the Dietary Guidelines for Americans 2010, an online resource, a new logical organization, and much more prepare you to handle the challenges you face with ease. Emphasis on health promotion and primary prevention stresses the adoption of a healthy diet and lifestyle to enhance quality of life. Content Knowledge and Critical Thinking/Clinical Applications case studies reinforce knowledge and help you apply nutrition principles to real-world situations. Cultural Considerations boxes discuss various eating patterns related to ethnicity and religion to help you understand the various influences on health and wellness. Personal Perspective boxes demonstrate the personal touch for which this book is known, and offer first-hand accounts of interactions with patients and their families. Health Debate and Social Issue boxes explore controversial health issues and encourage you to develop your own opinions. Teaching tool boxes provide tips and guidance to apply when educating patients. Website listings with a short narrative at the end of every chapter refer you to additional online resources. Updated content to Dietary Guidelines for Americans 2010 keeps you current. Additional questions added to case studies in the *Nursing Approach* boxes help you focus on practical ways you can use nutrition in practice. Study tools on Evolve present virtual case studies and additional questions with instant feedback to your answers that reinforce your learning. Online icons throughout the text refer you to the NEW Nutrition Concepts Online course content. A logical organization to updated and streamlined content lets you find the information you need quickly.

## Book Information

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## Customer Reviews

This is an excellent read. I should state that I am in nursing school so much of the terminology is familiar. However, it does to an excellent job of breaking down the components of health, nutrients and diet so the reader can stop ODing on vitamin supplements and understand how to treat themselves better for their long-term health and goals.

This book was required for my Nutrition class for the RN program. Before starting the class I had been searching for a book with FDA/RDA vitamins, minerals, supplements, conditions, and dosages. Well I shortly found out after getting my book in that this has EVERYTHING!!!! From BMI, health guidelines, etc, you name it, it's in here! This is the best way to know what you need to know, as these days you really have to be your own doctor before going to the doctor with the amount of prescription meds thrown at us! It doesn't matter who you are, this book will help you in every aspect of health that you can think of and is MORE than worth the price! You will learn more about conditions and nutrition than you can imagine from 1 textbook!

Great and comprehensive book for soon to be nurses and medical/dietetics/nutrition classes and majors. Goes into great explanations and examples for how nutrition can work and heal your body and our current medical interventions for specific ailments and how to treat each with nutrition. The pathological expanded explanations make it applicable to real world medical examples and not just learning about nutrition basics

I ordered this book for my RN-MSN class for WGU. I thought it was well written and loved the illustrations. I will keep this book for my office as reference.

The book was in great condition and came in a very timely manner. The book is very easy to read

and all the tables are very useful.

Great book, very informative. I rented it for my Nutritional Class for Nursing school, and I wish I had purchased it instead.

The book isn't bad...very informative and I learned quite a bit. However, I got it used and whomever highlighted had obviously never highlighted before...it was hard to read through all her drawings.

This book was perfect for my nursing degree. It provides an abundance of information. I still use it, even though I no longer need it!

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