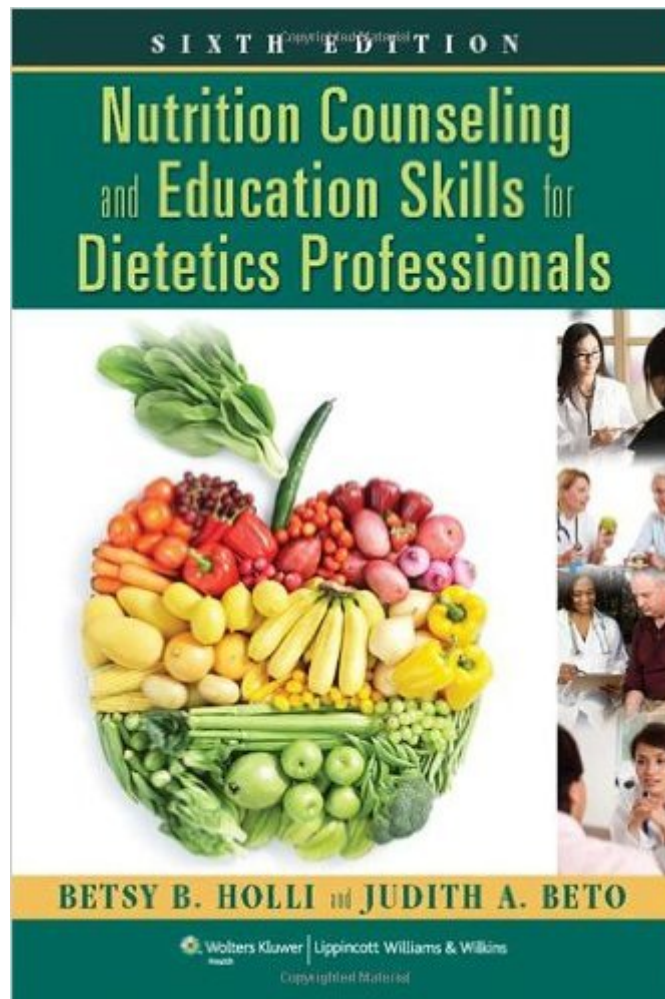


The book was found

# Nutrition Counseling And Education Skills For Dietetics Professionals



## Synopsis

The text covers communications, counseling, interviewing, motivating clients, delivering oral presentations and using media in presentations. Communication is basic to the relationship that the Registered Dietitian (RD) professional has with their clients. The Academy of Nutrition and Dietetics recognizes the importance of communication skills for practitioners to promote health, disease prevention and treatment. Providing people with information on what to eat is not enough, the RD must also promote and facilitate behavior changes to more healthful food choices. The text incorporates the Nutrition Care Process (NCP) and model, including four steps of nutrition assessment, nutrition diagnosis using PES statement (Problem, Etiology and Signs/Symptoms), nutrition intervention, and nutrition monitoring and evaluation. The PES statements are the most critical in that the Academy of Nutrition and Dietetics has been stressing this as an essential component of their standards and requirements. The text uses activities, case studies, self assessment questions, web references and graphics to engage the student and drive the content home.

Judith A Beto, PhD, RD, FADA is the lead author. The Nutrition Care Process is now included in chapter 1 for those who wish to include it in the case studies. The Appendices contain the standardized language for the Nutrition Care Process from the International Dietetics & Nutrition Terminology (IDNT) Reference Manual. There is one case study per chapter with others available on thePoint. Motivation is integrated into appropriate chapters rather than a separate chapter. The cultural and life cycle chapters are expanded based on market feedback. Chapter content and references are updated.

**Dedication**  
**Preface**  
**Chapter 1** Guides for Nutrition and Dietetics Practice  
**Chapter 2** Communication  
**Chapter 3** Interviewing  
**Chapter 4** Person-Centered Counseling  
**Chapter 5** Stages and Processes of Health Behavior Change  
**Chapter 6** Counseling for Behavior Modification  
**Chapter 7** Counseling for Cognitive Change  
**Chapter 8** Counseling Through the Life-Span  
**Chapter 9** Communication and Cultural Diversity  
**Chapter 10** Principles and Theories of Learning  
**Chapter 11** Planning Learning  
**Chapter 12**

Implementing and Evaluating Learning 13 Group Facilitation and Dynamics 14 Effective Oral Presentations 15 Using Instructional Media Appendix A: Nutrition Assessment and Monitoring and Evaluation Terminology Appendix B: Nutrition Diagnostic Terminology Appendix C: Nutrition Intervention Terminology Index

## Book Information

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## Customer Reviews

I read the first chapter for my Nutrition Intervention I class, and I have to say I liked the style of writing. The questions at the end of the chapter are a great way to identify the key components too.

I used this book for a nutrition counseling course. It has a good amount of explanation and examples but it's a bit boring to read. I did refer back to it several times but I expected a bit more out of the book in terms of content. It would be nice to have answers to the end-of-chapter questions and case studies.

It is a fabulous book!! Very helpful and informative!!! There is a lot of visuals and examples that are helpful.

Needed it for class and gets the job done. It definitely has some useful information that I'll always be

able to refer back to.

Not what I was looking for. Would have liked more info for patients and sample handouts, meal planning etc. Sent back.

Great read! Essential to all future dietetics professionals.

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