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## Epidemiology

V. Obstacles to Finding Associations of Dietary Intake and Disease Risk  
VI. Future Research Directions; References; Chapter 5. Analysis, Presentation, and Interpretation of Dietary Data; I. Introduction; II. Analysis of Dietary Data; III. Presentation of Data; IV. Interpretation of Data; V. Conclusion; References; B. Nutrition Intervention; Chapter 6. Current Theoretical Bases for Nutrition Intervention and Their Uses; I. Introduction; II. Importance of Understanding Influences on Dietary Behavior; III. What Is Theory?; IV. Explanatory and Change Theories  
V. Unique Features of Dietary Behavior to Consider When Using Theory  
VI. Important Theories and Their Key Constructs; VII. Findings Regarding Applications of Theory to Nutritional Behavior; VIII. Constructs and Issues across Theories; IX. Implications and Opportunities; References; Chapter 7. Nutrition Intervention: Lessons from Clinical Trials; I. Introduction; II. Conceptual Models of Motivation; III. Theories Used in Achieving Dietary Behavior Change in Clinical Trials; IV. Summary; References; Chapter 8. Tools and Techniques to Facilitate Eating Behavior Change; I. Introduction  
II. The Teaching/Learning Process  
III. Nutrition Education Techniques; IV. Behavior Change Techniques; V. Conclusion; References; Chapter 9. Evaluation of Nutrition Interventions; I. Introduction; II. Overview: Types of Nutrition Intervention Program Evaluations; III. Outcomes or Endpoints Used to Assess Intervention Effectiveness; IV. Design of Nutrition Intervention Evaluations; V. Measurement Issues When Assessing Dietary Change and Other Intervention Outcomes; VI. Dietary Assessment Instruments and Their Applicability for Intervention Evaluation; VII. Conclusions; References  
Chapter 10. Biomarkers and Biological Indicators of Change

### Sommario/riassunto

As we enter the 21st century, a new era of nutrition in the prevention and treatment of disease emerges. Clinical nutrition involves the integration of diet, genetics, environment, and behavior promoting health and well being throughout life. Expertly edited, Nutrition in the Prevention and Treatment of Disease provides overall perspective and current scientifically supported evidence through in-depth reviews, key citations, discussions, limitations, and interpretations of research findings. This comprehensive reference integrates basic principles and concepts across disciplines and are