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Autore	Lutz Carroll A.
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Nota di contenuto	Title Page; Copyright Page; Dedications; Preface; Reviewers; Acknowledgments; Contents; Unit 1 The Role of Nutrients in the Human Body; Chapter 1 Nutrition in Human Health; The Language of Nutrition; Food Choices; Unbalanced Nutrition; Nutritional Care; Impact of Culture on Nutrition; Chapter 2 Carbohydrates; Composition of Carbohydrates; Basic Terminology; Functions of Carbohydrates; Health and Carbohydrates; Food Sources; MyPlate; Carbohydrate Counting; Exchange List Values; Dietary Recommendations; Chapter 3 Fats; Basic Terminology; Physical Properties and Food Sources; Functions of Fats CholesterolFat Intake as a Worldwide Concern; Dietary Recommendations Concerning Fat; Dietary Fat Intake and Health; Chapter 4 Protein; Composition of Proteins; Functions of Proteins in the Body; Classification of Food Protein; Dietary Reference Intakes; Wise Protein Choices; Chapter 5 Energy Balance; Homeostasis and Survival; Measuring Energy; Energy Nutrient Values; Components of Energy Expenditure; Energy Intake; Dietary Recommendations; Chapter 6 Vitamins; The Nature of Vitamins; Fat-Soluble Vitamins; Water-Soluble Vitamins; Vitamin Supplements; Chapter 7 Minerals; Functions of Minerals

Classification of Minerals; Major Minerals; Trace Minerals; Other Minerals that have an Impact on Health; Mineral Supplementation; Chapter 8 Water; Water in Human Nutrition; Physiology of Body Fluids; Water Balance and Imbalances; Chapter 9 Digestion, Absorption, Metabolism, and Excretion; Overview of the Major Processes; Lactose in Cheeses; Products; Unit 2 Family and Community Nutrition; Chapter 10 Life Cycle Nutrition: Pregnancy and Lactation ; Nutrition During Pregnancy; The Breastfeeding Mother; Chapter 11 Life Cycle Nutrition: Infancy, Childhood, and Adolescence; Psychosocial Development Nutrition in Infancy; Nutrition of the Toddler (Ages 1 to 3 Years); Nutrition of the Preschool Child (Ages 3 to 6 Years); Nutrition of the School-Age Child (Ages 6 to 12 Years); Nutrition in Adolescence; Overweight in Children and Adolescents; Chapter 12 Life Cycle Nutrition: The Mature Adult; Young Adulthood; Middle Adulthood; Older Adulthood; Chapter 13 Food Management; Food Irradiation; Microbiological Hazards; Environmental Pollutants; Food Additives; The Food Label; Unit 3 Clinical Nutrition; Chapter 14 Nutrient Delivery; Food Service in Institutions; Nutritional Care Services Importance of Nutritional Care; Methods of Nutrient Delivery; Chapter 15 Interactions: Food and Nutrients Versus Medications and Supplements; Extent of Use; Mechanisms of Interactions; Dietary Supplements; Enhancing Athletic Performance; Responsibilities of Health-Care Professionals; Chapter 16 Weight Management; Terminology and Classification; Prevalence and Incidence of Overweight and Obesity; Basic Science of Energy Imbalance; Consequences of Obesity; Factors Influencing Food Intake; Physiology; Theories About Obesity; Federal Guidelines; Treatment of Energy Imbalances Weight-Loss Maintenance

Sommario/riassunto

Meet the ever-changing demands of providing quality nutritional care for patients across the lifespan. This popular text provides a strong foundation in the science of nutrition and a clear understanding of how to apply that knowledge in practice, recognizing the need for nurses to work with other healthcare professionals to ensure optimal nutrition in patient care. Thoroughly updated and revised, it combines nursing care with the nutritional information pertinent to today's classroom and clinical practice settings.
