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Nota di contenuto	""Therapeutic Nutrition: A Guide to Patient Education""; ""S E C T I O N 1 Integrating Nutrition Into Your Practice""; ""Nutrition History Form""; ""Healthy Eating Habits for Infants, Toddlers, and Young Children""; ""Sample Label for Macaroni and Cheese""; ""S E C T I O N 2 Guiding Patients Toward a Healthy Diet""; ""United States Department of Agriculture (USDA) MyPyramid Food Guide""; ""The Traditional Healthy Mediterranean Diet Pyramid""; ""The Traditional Healthy Latin American Diet Pyramid""; ""The Traditional Healthy Vegetarian Diet Pyramid""

""The Traditional Healthy Asian Diet Pyramid""""Healthy Weight"";
""Exercise""; ""Whole Grains""; ""Fruits and Vegetables""; ""Fat and
Cholesterol""; ""Sugar""; ""Calcium and Iron""; ""Salt""; ""Alcohol""; ""Keep
Food Safe to Eat""; ""Baked Meatballs""; ""Southwestern Salad""; ""Stir-
fried Pork and Vegetables with Rice""; ""Baked Spicy Fish""; ""Spanish
Baked Fish""; ""Tuna Pasta Salad""; ""Baked Chicken Nuggets"";
""Chicken and Vegetables""; ""Oven Crispy Chicken""; ""Turkey Cabbage
Casserole""; ""Turkey Chili""; ""Turkey Stir-fry""; ""Turkey Patties"";
""Chicken Noodle Soup""
""Baked Beans""""Baked Crispy Potatoes""; ""Potato Cakes""; ""Ranch
Beans""; ""Shoestring Potatoes""; ""Chickpea Dip""; ""Oatmeal Cookies"";
""Peach-Apple Crisp""; ""Peach Cake""; ""Cooking with Flaxseed"";
""Cooking With Whole Grains""; ""S E C T I O N 3 Supplements and
Dietary Reference Intakes: Vitamins, Minerals, and Macronutrients"";
""Thiamin (Vitamin B1)""; ""Riboflavin (Vitamin B2)""; ""Niacin (Vitamin
B3)""; ""Pyridoxine (Vitamin B6)""; ""Vitamin B12""; ""Folic Acid"";
""Vitamin C""; ""Vitamin A""; ""Vitamin D""; ""Vitamin E""; ""Vitamin K"";
""Pantothenic Acid""; ""Calcium""
""Copper""""Iron""; ""Potassium""; ""Iodine""; ""Magnesium"";
""Manganese""; ""Selenium""; ""Phosphorus""; ""Zinc""; ""Protein"";
""Carbohydrate""; ""Fat""; ""Polyunsaturated Fatty Acids: Linoleic Acid
(Omega-6) and Linolenic Acid (Omega-3)""; ""Fiber""; ""Additional
Nutrients for Which Limited Data on Food Sources or Requirements
Exists""; ""S E C T I O N 4 Therapeutic Nutrition""; ""The DASH Diet"";
""Low Cholesterol, Low Saturated Fat Diet""; ""Ten Steps to Lower Your
Cholesterol Level""; ""What Do the Numbers Mean?""; ""Triglycerides:
What Are They and What Can I Do About Them?""
""Diabetes: What I Need To Know About Eating and Diabetes""""Warning
Signs of Diabetic Low Blood Sugar""; ""Do You Have Prediabetes?"";
""Hypoglycemia for People Who Do Not Have Diabetes""; ""Low-sodium
Diet""; ""High-potassium Diet""; ""Low-potassium Diet""; ""High-fiber
Diet""; ""Low-fiber Diet""; ""Lowfat Diet""; ""Liquid Diet""; ""Low-purine
Diet for Gout""; ""Gluten-free Diet for Celiac Disease""; ""Lactose-
restricted Diet""; ""Diet for Heartburn and Gastroesophageal Reflux
Disease""; ""Diet and Gas""; ""Diet and Constipation""; ""Diet and
Diverticular Disease""
""High-protein, High-calorie Diet""
