

1. Record Nr.	UNINA9910780632303321
Autore	Behan Eileen
Titolo	Therapeutic nutrition : a guide to patient education / / Eileen Behan ; acquisitions editor, Patricia Casey ; editorial assistant, Katherine Rothwell ; senior production manager, Helen Ewan ; senior managing editor / production, Erika Kors ; production project manager, Cynthia Rudy ; creative director, Doug Smock ; senior manufacturing manager, William Alberti
Pubbl/distr/stampa	Philadelphia, Pennsylvania : , : Lippincott Williams & Wilkins, , 2006 ©2006
ISBN	1-4698-5569-0 1-4698-8085-7
Descrizione fisica	1 online resource (367 p.)
Altri autori (Persone)	CaseyPatricia RothwellKatherine EwanHelen KorsErika RudyCynthia SmockDoug AlbertiWilliam
Disciplina	615.8/54
Soggetti	Diet therapy - Study and teaching Nutrition - Study and teaching Patient education
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
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""
