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Nota di contenuto	Contents; Contributors; Abbreviations; 1 Introduction to nutrition; Definitions and titles; Components of the diet; Food composition tables; Digestion; 2 Dietary reference values (DRVs) and food-based dietary guidelines; Dietary reference values (DRVs); Food-based dietary guidelines (FBDG); 3 Current dietary patterns in the UK; Current dietary patterns; 4 Nutrition assessment; Dietary assessment; Individual assessment; Body composition; Anthropometry; 5 Nutrients; Macronutrients: introduction; Protein; Fats; Carbohydrate; Energy balance; Vitamins: introduction Vitamin A (retinol) and carotenoidsVitamin E; Vitamin D (calciferols); Vitamin K; Vitamin C (ascorbic acid); Riboflavin (vitamin B[sub(2)]); Niacin (nicotinamide, nicotinic acid); Thiamin; Folate (folic acid); Vitamin B[sub(6)]; Cobalamin B[sub(12)]; Biotin; Pantothenic acid; Minerals and trace elements: introduction; Calcium; Phosphorus; Iron; Zinc; Copper; Iodine; Selenium; Magnesium; Manganese; Molybdenum; Chromium; Fluorine; Electrolytes: introduction; Sodium; Potassium; Chlorine; Fluid balance; 6 Food labelling, functional foods, and food

supplements; Food labelling

Functional foods and nutraceuticals Food supplements; 7 Non-nutrient components of food; Alcohol; Biologically active dietary constituents; Food additives; 8 Drug-nutrient interactions and prescription of nutritional products; Drug-nutrient interactions; Prescription of nutritional products; 9 Diet before and during pregnancy; Pre- and periconceptional nutrition in women; DRVs and dietary guidelines during pregnancy; Food safety in pregnancy and maternal weight gain; Dietary problems in pregnancy; Vulnerable groups in pregnancy; Useful websites; 10 Infants and preschool children

Infant growth and development Breast versus bottle feeding; Promoting and establishing breastfeeding; Dietary recommendations for lactating mothers; Establishing bottle-feeding; Weaning; Iron deficiency anaemia; Faltering growth; Constipation, toddler's diarrhoea, and milk intolerance; Nutritionally vulnerable groups; Fussy eaters; Websites and literature for parents; 11 School-aged children and adolescents; Why diet is important in childhood and adolescence; What children and adolescents are eating; Dietary recommendations for children and adolescents

Nutritional problems of children and adolescents Influences on children's food choice; 12 Older people; Older people: introduction; Dietary recommendations for older people; Undernutrition in older people; Other nutritional problems; Community support strategies for promoting a healthy diet for older people; Further information; 13 Nutrition in special groups; Minority ethnic communities; Vegetarians; Eating on a low income; Refugees, asylum seekers, and homeless people; Policy options for reducing food poverty; Useful websites; 14 Nutrition intervention with individuals
Influences on food choice

Sommario/riassunto

The importance of nutrition in the prevention and treatment of disease and the maintenance of good health is being increasingly recognised. Nutrition is an area that all health professionals need to be aware of and yet one in which few are specifically trained. Nutrition is also becoming a valued topic in many curricula. It is a vast subject and textbooks are by necessity large and can stay stuck on the bookshelf. The Oxford Handbook of Nutrition and Dietetics makes this information more accessible to dietitians, doctors, nurses, nutritionists and other healthcare professionals by providing a p
