

1. Record Nr.	UNINA9910787216903321
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Titolo	Manual of nutritional therapeutics / / editors: David H. Alpers, MD, William B. Lountz Professor of Geriatrics in Medicine, Assistant Director, Center for Human Nutrition, Washington University School of Medicine, St. Louis, Missouri, Beth E. Taylor, DCN, RDN, LD, CNSC, FCCM, Nutrition Support Specialist, Surgical Intensive Care Unit, Barnes-Jewish Hospital, St. Louis, Missouri, Dennis M. Bier, MD, Professor of Pediatrics, Baylor College of Medicine, Director, USDA/ARS Children's Hospital Nutrition Research Center, Houston, Texas, Samuel Klein, MD, William H. Danforth Professor of Medicine and Nutritional Science, Director, Center for Human Nutrition and Atkins Center of Excellence in Obesity Medicine, Washington University School of Medicine, St. Louis, Missouri
Pubbl/distr/stampa	Philadelphia : , : Wolters Kluwer Health, , [2015] 2015
ISBN	1-4963-1000-4
Edizione	[Sixth edition.]
Descrizione fisica	1 online resource (vi, 722 pages) : illustrations
Collana	Lippincott Manual
Disciplina	615.8/54
Soggetti	Diet therapy Nutrition
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Preceded by: Manual of nutritional therapeutics / David H. Alpers ... [and others]. 5th edition c2008.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Section I General Concepts in Nutrition -- 1. Recommendations for Healthy Young Adults -- 2. Recommendations for Healthy Elderly Adults -- 3. Pregnancy and Lactation -- 4. Approach to Nutrient Deficiency -- Section II Individual Nutrient Components -- 5. Protein and Calories: Requirements, Intake, and Assessment -- 6. Vitamins -- 7. Minerals -- 8. Dietary Supplements -- Section III Therapeutic Nutrition -- 9. Nutritional Support Decision Making -- 10. Enteral Nutritional Therapy -- 11. Parenteral Nutritional Therapy -- 12. Use of Diets and Dietary Components in Clinical Practice -- Section IV Nutritional Management of Specific Diseases -- 13. Dietary Management of Diabetes, Renal Disease, and Hyperlipidemia -- 14.

Obesity -- 15. Nutritional Considerations in Chronic Diseases.

Sommario/riassunto

Co-authored by three physicians and a dietician, this quick-reference manual provides practical, state-of-the-art, evidence-based nutrition recommendations for healthy adults, hospitalized patients, and people with a full range of health conditions. It's an ideal source to help you meet the nutritional needs of every patient.