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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	section I. Clinically relevant nutrient metabolism -- section II. Nutritional management in clinical practice : diet, in sickness and in health -- section III. Special topics in clinical nutrition -- section IV. Diet and health promotion : establishing the theme of prudent nutrition -- section V. Principles of effective dietary counseling -- section VI. Contemporary topics in nutrition -- section VII. Appendices and resource materials.
Sommario/riassunto	Designed for busy clinicians struggling to fit the critical issue of nutrition into their routine patient encounters, Nutrition in Clinical Practice translates the robust evidence base underlying nutrition in health and disease into actionable, evidence-based clinical guidance on a comprehensive array of nutrition topics. Authoritative, thoroughly referenced, and fully updated, the revised 4th edition covers the full scope of nutrition applications in clinical practice, spanning health promotion, risk factor modification, prevention, chronic disease management, and weight control – with a special emphasis on providing concisely summarized action steps within the clinical workflow. Edited by Dr. David L. Katz (a world-renowned expert in

nutrition, preventive medicine, and lifestyle medicine) along with Drs. Kofi D. Essel, Rachel S.C. Friedman, Shivam Joshi, Joshua Levitt, and Ming-Chin Yeh, *Nutrition in Clinical Practice* is a must-have resource for practicing clinicians who want to provide well-informed, compassionate, and effective nutritional counseling to patients. Features short, easily digestible chapters with updated references. Includes comprehensive updates throughout, as well as a newly expanded section on Contemporary Topics in Nutrition. Covers key topics such as the ketogenic diet, intermittent fasting, ultraprocessed food, and strength of evidence assessment in nutrition. Provides data from recent nutritional studies, helpful nutrition data tables, clinically relevant formulas, and patient-specific meal planners. Addresses special topics such as pregnancy and lactation, pediatric nutrition, athletic performance and sports nutrition, health effects of specific foods, plant-based diets, and many more. Features expert contributions from authors with diverse expertise and practical experience in medical education, clinical practice, and preventive medicine. , Enrich Your eBook Reading Experience Read directly on your preferred device(s), such as computer, tablet, or smartphone. Easily convert to audiobook, powering your content with natural language text-to-speech.
