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Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Prelims; Table of contents; Figures, tables and charts; Introduction; Chapter 1 What is a healthy diet?; Chapter 2 Malnutrition and monitoring people who may be at risk of malnutrition; Chapter 3 Food fortification and nutritional supplements; Chapter 4 Special dietary needs; Chapter 5 Ethnicity, religion and culture; Chapter 6 Relevant policy guidelines and standards; Appendices; Appendix 1: Diet history; Appendix 2: Food record chart; Appendix 3: Weight chart; Appendix 4: Checklist for best practice - Commission for Social Care Inspection (2006) Appendix 5: Checklist for best practice - hospital wardsFurther reading; References
Sommario/riassunto	Good nutrition contributes to the health of elderly people and their ability to maintain their independence, mobility and overall quality of life for longer. Ultimately, these factors may also lessen the burden of health costs. The public and the press are very interested in food, especially food in hospitals and other institutions. The food that is provided in hospitals and care homes can define the whole experience of the organisation for the patient (or service user). They may or may not be able to tell the difference between good or bad treatment, but can always tell if the food is good or

