



Introductory Nutrition and Nutrition Therapy

Marian M. Eschleman, Eschleman

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This introductory text emphasizes practical applications and those aspects of nutrition and nutrition therapy that are of direct concern to the health worker. This easy-to-read guide provides a comprehensive coverage of nutrients, the role of nutrients, their role in healthcare maintenance, nutritional needs in the life cycle as well as in various cultures, and diet therapy in illness. Each chapter begins with Learning Objectives, which provide a format for study, and keys in each chapter to help your students understand the essentials. New features in this edition include: new and updated ADA exchange lists, expanded Canadian content and four new chapters covering Food Safety (including Foodborn Illness due to Pathogens), Nutrition During Infancy, Nutrition During Childhood, Nutrition During Adulthood and Older Adulthood

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