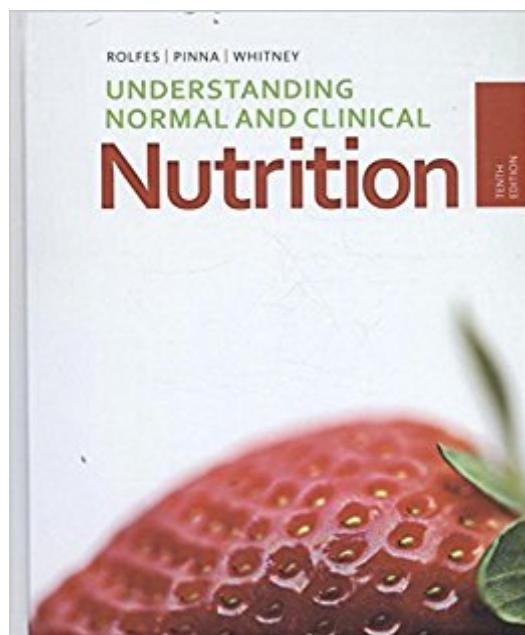


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# Understanding Normal And Clinical Nutrition



## **Synopsis**

UNDERSTANDING NORMAL AND CLINICAL NUTRITION, Tenth Edition, provides the most current and comprehensive coverage of the fundamentals of nutrition and nutrition therapy for an introductory course. The early chapters focus on "normal" nutrition, including digestion and metabolism, vitamins and minerals, and life cycle nutrition. The later chapters cover "clinical" nutrition--the pathophysiology and nutrition therapy for a wide range of medical conditions. The text integrates practical information and valuable resources to help students apply nutrition knowledge and skills to their daily lives and the clinical setting. Features such as case studies, "How To" boxes with real-world examples, and study cards help students apply the material and build their conceptual understanding. Regardless of the students' background, the consistent level, approachable narrative, and careful explanations in UNDERSTANDING NORMAL AND CLINICAL NUTRITION will engage students and enable them to be actively involved in the field of nutrition.

## **Book Information**

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## **Customer Reviews**

Sharon Rady Rolfes is a Registered Dietitian Nutritionist and founding member of Nutrition and Health Associates, an information resource center that manages a research database of more than 1,000 nutrition-related topics. Previously, Ms. Rolfes taught at Florida State University and coauthored several other college textbooks, including Understanding Nutrition. In addition to writing, Ms. Rolfes consults on educational projects, and volunteers on the board of Working Well, a community initiative dedicated to creating a healthy workforce. A member of the Academy of

Nutrition and Dietetics, she received her MS in Nutrition and Food Science from Florida State University. Kathryn Pinna has taught nutrition, food science, and human biology courses in the San Francisco Bay Area for more than 25 years. Formerly an outpatient Registered Dietitian, Dr. Pinna is a member of both the American Society for Nutrition and the Academy of Nutrition and Dietetics. Her experience also includes work as an Internet consultant and freelance writer, which led to textbook publications such as Nutrition and Diet Therapy, and Nutrition for Health and Health Care. Dr. Pinna earned her MS and PhD in Nutrition from the University of California, Berkeley. Ellie Whitney, Ph.D. grew up in New York City and received her BA and PhD degrees in English and Biology at Harvard and Washington Universities. She taught at both Florida State University and Florida A&M University, wrote newspaper columns on environmental matters for the TALLAHASSEE DEMOCRAT, and coauthored almost a dozen college textbooks on nutrition, health, and related topics--many of which repeatedly reappear as new editions. She spent three decades exploring outdoor Florida and studying its ecology, and then co-wrote PRICELESS FLORIDA: NATURAL ECOSYSTEMS AND NATIVE SPECIES (Pineapple Press, 2004). Now retired, and more concerned about climate change than any other issue, she volunteers full-time for the nonpartisan national nonprofit Citizens Climate Lobby.

I bought this book as a requirement for one of my classes. The school was selling this book new for a bit more than \$400, I found it new on for less than \$274. It was a great deal. The book was very helpful to my class. But it was much more helpful to me personally 'cause it helped me understand how to choose my meals wisely. It is the kind of book that you want to keep forever as it has really helpful information that you can apply to your everyday life. I would recommend whoever is interesting in learning more about having a healthy diet to buy this book. It is an amazing guide on how to eat to live healthy as you learn how to choose food, snacks, drinks, etc wisely.

I had to buy this book for school. It has okay information in it, however it seems like the FDA/ADA and the government supplied all the information. I am into holistic nutrition and this is definately NOT holistic. I wouldn't even consider buying this book unless I had to for school. Has some good basic chemistry in regards to nutrients.

Same book as picture. I'm renting it since I only need it this quarter. Mine was in basically New Conditions (no markings, torn pages, or bent edges). This book contains tons of useful information, from nutrient overview, planning a healthy diet, weight management, as well as clinical disorders

and how nutrients play a role in them.

This textbook saved me! While it is pretty large and in charge, I do believe it helped me tremendously in a few of my nutrition classes. It was used in a myriad of ways and I still reference it for many nutrition questions. I love this book!

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Loved using this book for class.

A+

Pretty decent book. Information is pretty up to date and I learned a few new things. What I did like was the information presented heavily favored with FDA/USDA. Lots of contradictions about dieting especially dairy consumption and meat consumption. Overall it's good not great, I got it for a class but I do refer to it from time to time.

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