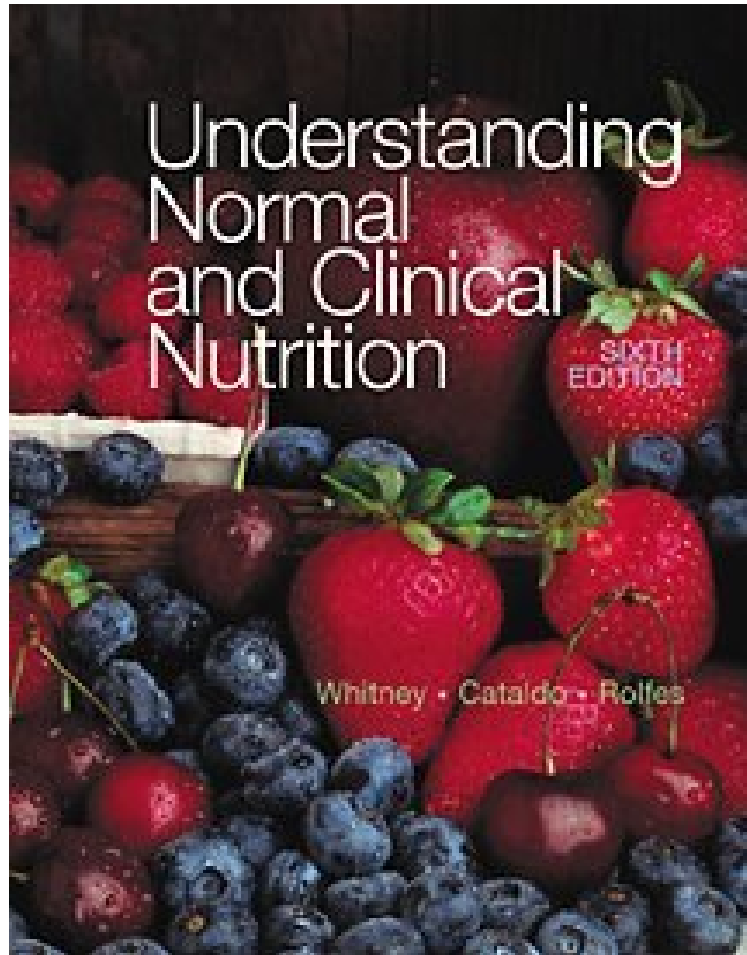


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Understanding Normal and Clinical Nutrition (with InfoTrac)

Eleanor Noss Whitney, Corinne Balog Cataldo, Sharon Rady Rolfes
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Eleanor Noss Whitney, Corinne Balog Cataldo, Sharon Rady Rolfes : Understanding Normal and Clinical Nutrition (with InfoTrac) before purchasing it in order to gage whether or not it would be worth my time, and all praised Understanding Normal and Clinical Nutrition (with InfoTrac):

0 of 0 people found the following review helpful. excellent book!By 3-C 1968excellent book! love reading it! i had the 1st edition so i decided to buy this edition (6th). i read it all week long. fantastic information and worth the money. i bought it used for under a buck + shipping so i got more than my money's worth with this one. Ellie Whitey is awesome. really knows her stuff. if you want to learn about nutrition the right way this is the book to do it with.0 of 1 people found the following review helpful. Happy customerBy CustomerI was very happy with the timeliness of the delivery; the book was in nearly perfect shape. I almost paid \$120+ for this book at the book store, so I was very happy with the condition of the book. Thumbs up for the seller.21 of 21 people found the following review helpful. A student's opinionBy Nathan RichardsonThis textbook is actually one that is recommended for the Nutrition course at

my university. I found it very useful and informative for all aspects of the course. Information was displayed in a clear and colourful manner, which made taking it all a lot easier. The study questions at the end of each section came in very handy when revising for exams. In addition the lists of resources relating to each topic were helpful, enabling you to look at other sources for further reading. I found the 'highlights' in particular useful as they covered particular points (such as eating disorders or osteoporosis) in depth and related it to the different aspects of nutrition. Overall, I would recommend this book to anyone with a more than cursory interest in nutritional science as it provides a great of information on the subject.

The Sixth Edition offers enhanced coverage of such topics as diet planning, the energy nutrients, vitamins and minerals, digestion and metabolism, weight management, life cycle nutrition, assessment and the nutrition care process, medical nutrition therapy, and complementary therapy. Whitney, Cataldo, and Rolfes incorporate the latest research in genetics, phytochemicals, antioxidants, and the Dietary Reference Intakes and Dietary Guidelines. New "Healthy People 2010" material (integrated throughout) reflects the latest health goals for the next decade. Also included are current recommendations from the American Heart Association for the prevention of Coronary Heart Disease (CHD). Every chapter in this accessible, visually exciting book is designed to inform your students and involve them in nutrition. Students will find many features, activities, and unique Web resources to help them apply chapter concepts. For example, a new "Think Nutrition" feature reminds students to consider nutrition issues when encountering clients with varied clinical diagnoses . . . while case studies, clinical application exercises, and other features teach students how to apply their knowledge in the field.

About the AuthorEllie Whitney, PhD grew up in New York City and received her B.A. and Ph.D. degrees in English and biology at Radcliffe/Harvard University and Washington Universities, respectively. She has taught at both Florida State University and Florida AM University, has written newspaper columns on environmental matters for the Tallahassee Democrat, and has authored almost a dozen college textbooks on nutrition, health, and related topics, many of which have been revised multiple times over the years. In addition to teaching and writing, she has spent the past three-plus decades exploring outdoor Florida and studying its ecology. Her latest book is Priceless Florida: The Natural Ecosystems (Pineapple Press, 2004).Sharon Rady Rolfes is a registered dietician nutritionist and a founding member of Nutrition and Health Associates, an information resource center that maintains a research database on more than 1,000 nutrition-related topics. She has taught at Florida State University and coauthored several other college textbooks, including UNDERSTANDING NORMAL AND CLINICAL NUTRITION, 10th EDITION. In addition to writing, she serves as a consultant for various 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, Ms. Rady Rolfes received her MS in nutrition and food science from Florida State University.