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New for 2011

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Many of our textbooks are accompanied by print and online instructor and student resources. Wherever these resources are available, they are noted as follows:

Instructor Resources:
AE = Answers to Exercises
IM = Instructor’s Manual
ITK = Instructor’s ToolKit
PP = PowerPoint Slides
SL = Sample Syllabus
TB = Test Bank

Student Resources:
CW = Companion Website
SG = Study Guide

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1 iPad is available in compatibility mode. Not all mobile versions are available on all platforms. Please see individual catalog pages for specifications.
Praise for this text:
“This book presents a lot of valuable information in an easy-to-read and easy-to-apply manner. Since nutrition is constantly changing, the fourth edition is a welcome one. The topics covered give students all the information they need to have a firm grasp of basic nutrition.”

—Amy Hess-Fischl
MS, RD, LDN, BC-ADM, CDE
University of Chicago Medical Center
Doody's Review Service, Rating: 5 Stars

Praise for this text:
“The text, in my opinion, is one of the best available for basic nutrition.”

—Bernard L. Frye, PhD
University of Texas at Arlington

“…content organization, use of illustrations, and support materials for the instructor, as well as the online aids for students. I have used several other texts but was impressed with the presentation of nutrition and the supporting science in a format that is easy for non-nutrition majors to understand.”

—Alana D. Cline, PhD, RD,
University of Northern Colorado

Nutrition
Fourth Edition
Paul Insel, Stanford University
Don Ross, California Institute of Human Nutrition
Kimberley McMahon, Utah State University
Melissa Bernstein, Rosalind Franklin University of Medicine and Science

Nutrition, Fourth Edition provides students with accurate, scientifically based information on topics and issues that concern them—a balanced diet, weight management, and more—and encourages them to think about the material they’re reading and how it relates to their own lives. It provides a balanced presentation of behavioral change and the science of nutrition.

The Fourth Edition covers important biological and physiological phenomena, including glucose regulation, digestion and absorption, and fetal development—as well as familiar topics such as nutritional supplements and exercise.

Key Features
• Going Green boxes address the nutrition community’s concern about the importance of environmental issues in our time.
• Position statements from the ADA, the ACSM, and the AHA showcase concurrent opinions held by some of the leading organizations in nutrition and health.
• Label to Table helps students apply their new decision-making skills at the supermarket by walking students through the various types of information that appear on food labels.
• Nutrition Science in Action allows students to apply their knowledge of nutrition to real-life experiments outside of the classroom.
• Electronic Student Study Guide follows the chapter topics and offers fill-in-the-blank questions and summaries so that students can test themselves on key concepts.
• What About Bobbie? tracks the eating habits and health-related decisions of a typical college student so that students can apply the material they have learned in the chapter to a real-life situation.
• Quick Bites sprinkled throughout the book offer fun facts about nutrition-related topics such as exotic foods, social customs, folk remedies, and more.

Discovering Nutrition
Third Edition
Paul Insel, Stanford University
R. Elaine Turner, University of Florida
Don Ross, California Institute of Human Nutrition

This introductory nutrition text is designed for students with little or no background in college-level, biology, chemistry, or physiology. Discovering Nutrition’s coverage of material such as digestion, metabolism, chemistry, and life-cycle nutrition is clearly written, accessible, and engaging to undergraduate students.

Key Features
• MyPyramid is included throughout the text; not only as a supplement
• Integrates the 2005 dietary guidelines throughout
• Diagrams cover hard to learn topics by stripping away unnecessary detail and showing the process (i.e. metabolism drawings)
• Behavior change is a key component
• Chemistry review (online) brings students up-to-speed. No science background needed
• Portion Control guide and Trans fat labeling
• Available with updated ESHA (EatRight Diet Analysis Software)

Topics Include
• Position statements from the ADA, AHA, ACSM, and Dietitians of Canada
• Added discussion of Japanese and Chinese diets
• Updated information on Eating Well with Canada’s Food Guide
• Revised discussion of energy and weight management
• Preventing eating disorders and how fashion and weight guidelines for models affect society
• Updated statistics on malnutrition and hunger in childhood
• Revised discussion of overweight and obesity in childhood
• New figures showing MyPyramid for kids and older adults

ISBN-13: 978-0-7637-5873-8 • Paperback • 654 Pages • © 2010 • Additional Format: CourseSmart
Instructor Resources: AE, IM, ITK, PP, TB
Student Resources: CW, SG

ISBN-13: 978-0-7637-7663-3 • Hardcover • 1004 Pages • © 2011 • Additional Format: CourseSmart
Instructor Resources: IM, ITK, PP, TB
Student Resources: CW, SG

www.jblearning.com
Advanced Human Nutrition

Second Edition

Denis M Medeiros, MS, PhD, RD, LD, Kansas State University
Robert E.C. Wildman, PhD, RD, LD, Texas State University, San Marcos

Advanced Human Nutrition, Second Edition provides an in-depth overview of the human body and details why nutrients are important from a biochemical, physiological, and molecular perspective. Figures help illustrate the content and bring the meaning to life to enhance the reader’s understanding. Complex pathways, for example, are presented in a student-friendly fashion, as are diagrams that illustrate metabolism and the molecular functions of nutrients. Multiple elements within the text, such as "Here's Where You Have Been" and "Here's Where You Are Going," help drive home key points from the chapter and provide real-world examples to bring the content to life.

Topics Covered

- Cell aging, damage and repair systems
- Human nutrition, digestion, and absorption with relation to organs, exocrine and endocrine functions, histology, and absorptive activities
- Microflora and satiety/hunger mechanisms
- Macronutrients during exercise and the role of liquids and sports drinks
- Prevalent diseases in western cultures such as coronary heart disease, cancer, and osteoporosis

Highlights

- Concept and reasoning checks highlight key points from preceding chapters as well as major points in the upcoming chapter
- Before You Go On asks students to reflect upon what they’ve just read. This allows them to go back and re-read portions of the text if they do not readily grasp the material
- Special Features on focused topics add depth to the chapter and, in some cases, allow the student to view the application of basic science
- Key Concept summaries are included in each chapter
- A glossary with key terms and definitions is included in the back of the book


Instructor Resources: IM, PP, TB  Student Resources: CW

Personal Nutrition Profile

A Diet and Activity Analysis

Second Edition

Barbara Mayfield, MS, RD, Purdue University

Personal Nutrition Profile: A Diet and Activity Analysis, Second Edition, provides students with the tools they need to examine and change their personal eating and activity habits. It includes goal-setting worksheets for making changes to take students beyond standard analysis. Students can simply fill in the blanks and follow the instructions to compare their behaviors with the dietary recommendations. Used in conjunction with Nutrition or Discovering Nutrition, this text helps students better understand the effects of their eating and activity habits on their overall health.


Instructor Resources: PP, TB

Nutrition Psychology

Improving Dietary Adherence

Melinda Blackman, PhD, California State University
Colleen Kvaska, MA, RD, CDE, California State University

Nutrition Psychology: Improving Dietary Adherence presents prominent psychological theories that are known to drive human eating behavior, and reveals how these models can be transformed into proactive strategies for adhering to healthy dietary regimens. The text brings a cross-disciplinary perspective/solution for adhering to a healthy dietary program, valuable to a variety of healthcare students and practitioners. It incorporates both a theoretical and applied approach. Case study examples further illustrate the correct application of psychological methods. These examples will help develop the student or practitioner’s own self-diagnosing skills of appropriate eating strategies as well as understanding others.


Additional Format: CourseSmart

Instructor Resources: PP, TB

Personal Nutrition & Weight Management


Instructor Resources: IM, PP, TB  Student Resources: CW

Topics Covered

- Cell aging, damage and repair systems
- Human nutrition, digestion, and absorption with relation to organs, exocrine and endocrine functions, histology, and absorptive activities
- Microflora and satiety/hunger mechanisms
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Instructor Resources: IM, PP, TB  Student Resources: CW

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Instructor Resources: IM, PP, TB  Student Resources: CW
Praise for this text:

“This is a valuable resource covering the basics of pediatric nutrition. It is easy to read and good for both the entry level practitioner and those with more experience.”

—Frances Price, MS, RD, CSP, LD

Amazon Review for the Third Edition: 5 Stars
Nutrition for the Older Adult
Melissa Bernstein, PhD, RD, LD, Rosalind Franklin University of Medicine and Science
Ann Schmidt Luggen, PhD, GNP, Professor Emeritus, Northern Kentucky University

This clear, comprehensive text introduces students to nutrition and health promotion for older adults. It covers such important topics as the physiological changes of aging, weight and nutrition problems, nutritional assessment and support, diet and cultural diversity, and exercise prescriptions.

Key Features
• Contains examples of actual patients and nutritional disorders that are seen in the community and clinical settings
• Discusses changes that commonly occur naturally with aging, so that it is understood that disease is not a natural consequence of growing old
• Presents the diseases that occur often in older adults and includes nutritional elements that may contribute to the problems or are part of the solution to the problems

Paperback • 422 Pages • © 2010
Instructor Resources: PP, TB
Student Resources: CW

Geriatric Nutrition
The Health Professional’s Handbook
Third Edition
Ronni Chernoff, PhD, RD, FADA, Central Arkansas Veterans Healthcare Center

New Edition Coming Fall 2011!
Geriatric Nutrition is an authoritative reference written to help professionals understand the role of nutrition in the maintenance of health, the management of chronic conditions, and the treatment of serious illness. The Third Edition of this best-selling text provides a comprehensive review of nutritional assessment, intervention programs for the elderly, and health promotion activities.

Key Features
• Contributors are experts in the field and provide recent information and perspectives
• Addresses the relationship among physiologic aging, nutrition, and disease
• Examines the impact of aging on the organ system

Hardcover • 575 Pages • © 2006

Community Nutrition
Planning Health Promotion and Disease Prevention
Nweze Nnakwe, PhD, RD, LD, Illinois State University

Designed for undergraduate students, this text uses real-world examples to reinforce core nutrition concepts and explores the current and emerging nutrition issues faced by today’s diverse communities. It presents the skills, cultural concepts, and background knowledge to promote health and prevent disease.

Key Features
• Discusses effective community-based programs and provides examples of best research-based practice for each chapter
• Provide students with an opportunity to understand and evaluate health information and then apply the concepts in school and community settings
• Showcases community nutrition issues and shows students how they can learn to address and alleviate problems

Hardcover • 408 Pages • © 2009
Instructor Resources: IM, PP, TB
Student Resources: CW

Community Nutrition
Applying Epidemiology to Contemporary Practice
Second Edition
Gail Frank, DrPH, RD, CHES, California State University

Community Nutrition, Second Edition, introduces future nutrition professionals to the relationship between nutritional epidemiology and the research, policies, and programs regarding prevention and treatment. Organized into three comprehensive parts—Part One: Nutrition in US Communities, Part Two: Primary Preventions of Disease, and Part Three: Secondary and Tertiary Prevention-Managing Disease and Avoiding Complications—this text not only covers general population nutrition, but also men’s and women’s health, diverse populations, and special populations.

Hardcover • 936 Pages • © 2008
Instructor Resources: IM, TB
Student Resources: CW

Nutrition for the Older Adult
Geriatric Nutrition
Community Nutrition
Community Nutrition

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Nutrition in Public Health
Handbook for Developing Programs and Services
Third Edition

Sari Edelstein, PhD, RD, Simmons College

Published in partnership with the American Public Health Association. Nutrition in Public Health, Third Edition presents the most up-to-date information on assessing nutrition needs in the community and identifies best practices to promote health and prevent disease. It provides a description of public health in the United States through data and expertise from relevant contributing authors, and discusses the active services and service agencies that are available in the U.S.

New to this Edition
• Nutritional epidemiology
• Obesity in America
• Programs for the aged
• Food security
• Food bioterrorism
• Environmental and economic concerns

Highlights
• Chapter information is evidence-based.
• Includes the latest statistical information on all topics presented; the presentation of current statistics is available in updated charts and graphs.
• Cultural differences that involve the nutrition and health differences and similarities among ethnic groups are discussed throughout the text.
• Issues for Discussion are found at the end of each chapter; these elicit original thought and understanding of problems found throughout public health.
• Pertinent websites are provided for use as students work through the material presented as an added resource.
• Key terms are presented as sidebars throughout the chapters assist with new terminology and concepts.

Praise for this text:
“The importance of nutrition in maintaining good health and preventing disease is more clear than ever before, but translating this knowledge into public health practice remains a huge challenge. Nutrition in Public Health will provide an invaluable guide to those taking on this essential task.”

—Dr. Walter Willett, Harvard University School of Public Health

Praise for the Text
“The special focus for dietetics students and others interested in sports nutrition as a career is unique to this text compared to other sports nutrition texts on the market. The blend of evidence-based research that forms the basis of nutrition guidelines and the examples of practical application in this text is informative and appealing to students and instructors.”

—Patti Steinmuller, Montana State University-Bozeman

Practical Applications in Sports Nutrition
Third Edition

Heather Hedrick Fink, MS, RD, National Institute for Fitness and Sport
Alan E. Mikesky, PhD, FACSM, Indiana University – Perdue University
Lisa A. Burgoon, MS, RD, LDN, University of Illinois, Urbana-Champaign

Practical Applications in Sports Nutrition, Third Edition provides students and practitioners with the latest sports nutrition information and dietary practices so they can assist athletes and fitness enthusiasts in achieving their personal performance goals. This text not only provides the most current sports nutrition guidelines and research but also includes the tools and guidance necessary to most appropriately apply the information in the “real world.” It demonstrates effective ways to communicate sports nutrition messages to athletes and how to motivate individuals to make permanent behavior change.

Early chapters provide an introduction to sports nutrition and give a thorough explanation of macronutrients, micronutrients, and water and their relation to athletic performance. Later chapters focus on the practical and applied aspects of sports nutrition including behavior change through consultations and weight management. Chapter 15 targets the unique nutrition requirements of special populations such as athletes who are pregnant, vegetarian, or have chronic diseases. The text concludes with a chapter dedicated to helping readers discover the pathway to becoming a sports dietitian through education and experience.

Highlights
• Updated to include the new 2010 dietary guidelines
• New calcium and Vitamin D recommendations
• New World Anti-Doping Code- 2010 Prohibited Substances List
• More meal planning and snack ideas throughout the book
• Revised health and nutrient content claims
• Nutritional analyses for all recipes in the book
• Updated research covering carbohydrate intake and performance
• Updated sport beverage comparison chart with new products
• Expanded section on weight gain including meal plans for athletes wanting to gain weight
• Updated information on the Health Claims and Nutrient Content Claims

ISBN: 978-1-4496-0208-6 • Paperback • 585 Pages • © 2012
Instructor Resources: IM, PP • Student Resources: CW, SG

Sports Nutrition Applications in Practical
Third Edition

Lisa A. Burgoon, MS, RD, LDN, University of Illinois, Urbana-Champaign

Sports Nutrition Applications in Practical, Third Edition provides students and practitioners with the latest sports nutrition information and dietary practices so they can assist athletes and fitness enthusiasts in achieving their personal performance goals. This text not only provides the most current sports nutrition guidelines and research but also includes the tools and guidance necessary to most appropriately apply the information in the “real world.” It demonstrates effective ways to communicate sports nutrition messages to athletes and how to motivate individuals to make permanent behavior change.

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• More meal planning and snack ideas throughout the book
• Revised health and nutrient content claims
• Nutritional analyses for all recipes in the book
• Updated research covering carbohydrate intake and performance
• Updated sport beverage comparison chart with new products
• Expanded section on weight gain including meal plans for athletes wanting to gain weight
• Updated information on the Health Claims and Nutrient Content Claims

ISBN: 978-0-7637-7791-3 • Paperback • 428 Pages • © 2011
Instructor Resources: IM, PP

Student Resources: CW, SG
Sports Nutrition Workbook and Assessments
Heather Hedrick Fink, MS, RD,
National Institute for Fitness and Sport
Lisa A. Burgoon, MS, RD, LDN,
University of Illinois, Urbana-Champaign
Alan E. Mikesky, PhD, FACSM,
Indiana University—Purdue University

This workbook contains exercises and activities to help students review chapter topics discussed in Practical Applications in Sports Nutrition, Third Edition, and assess their own health behaviors in relation to these topics.

Highlights
- Uses real-life examples, problems, and case studies from the sports nutrition field
- Features exercises and activities to help students review chapter topics and assess their own health behaviors in relation to these topics
- Includes crossword puzzles using key terms encountered by sports nutrition professionals

Paperback • 114 Pages • © 2010

100 Questions & Answers About Sports Nutrition
Lilah Al-Masri, MS, RD, CSSD, LD, United States Naval Academy; Quest Sports Science Center
Simon Bartlett, PhD, CSCS, ATC, United States Naval Academy; Quest Sports Science Center

This practical guide provides scientifically based, useful, concrete concepts that will help athletes to excel in their respective sports. Equipped with case studies, quick tips, and testimonials, it covers topics such as vitamins and minerals, fluids, medications and supplements, weight management, warm ups and cool downs, flexibility, and more.

“This is a useful book for athletes who want to learn the basic science behind sport while building a strong understanding of the relationship of nutrition, training and exercise physiology. The authors do a fine job of debunking nutrition and training myths while focusing their efforts on supporting claims with science.”

— Erik H. VanIterson, MS, MBio,
Northwestern University Feinberg School of Medicine

Doody’s Review Service, Rating: 5 Stars

Paperback • 256 Pages • © 2011

Clinical Nutrition for Oncology Patients
Mary Marian, MS, RD, CSO,
University of Arizona College of Medicine
Susan Roberts, MS, RD, LD, CNSD,
Baylor University Medical Center

Clinical Nutrition for Oncology Patients provides clinicians with the information they need to help cancer survivors and patients make informed choices about their nutrition and improve their short-term and long-term health. This comprehensive resource outlines nutritional management recommendations for care prior to, during, and after treatment and addresses specific nutritional needs and complementary therapies that may be of help to a patient. This book is written by a variety of clinicians who not only care for cancer survivors and their caregivers, but are also experts in the field of nutritional oncology.

Hardcover • 463 Pages • © 2010

Clinical Nutrition for Surgical Patients
Mary Marian, MS, RD, CSO,
University of Arizona College of Medicine
Scott A. Shikora, MD, FACS,
Tufts University School of Medicine
Mary K. Russell, MS, RD, LDN, CNSD,
University of Chicago Hospitals

Clinical Nutrition for Surgical Patients provides a thorough review of the basics of medical nutrition therapy for surgical patients, including nutritional assessment, the role of surgical diets, and the indications and contraindications for specialized nutrition support. Written by experts in the field, it addresses specific medical and surgical conditions and disease states that present specific challenges with provision of nutrition support. The latest nutrition support techniques are described and their roles in managing many types of surgical patients are outlined.

Hardcover • 362 Pages • © 2008

SPORTS NUTRITION

CLINICAL NUTRITION
Dietitian’s Handbook of Enteral and Parenteral Nutrition
Third Edition

Annalynn Skipper, PhD, RD, FADA, Annalynn Skipper & Associates

Thoroughly revised and updated, Dietitian’s Handbook of Enteral and Parenteral Nutrition, Third Edition provides comprehensive coverage of systems approaches to medical nutrition therapy. Designed for graduate nutrition students, dietetic interns, and practicing dietitians, this authoritative handbook provides a solid foundation and reference to the nutrition support field. Expert contributors present a practical approach to the delivery of parenteral and enteral nutrition and offer current nutrition support practice information.

Clinical Case Studies for the Nutrition Care Process

Elizabeth A. Emery, MS, RD, CNSD, LDN

Clinical Case Studies for the Nutrition Care Process presents clinical nutrition case studies utilizing the new standardized language and nutrition diagnosis and shows readers how to apply the standardized language to specific clinical cases. Case studies are drawn from the author’s experience and collected from practitioners who are experts in their field. Hot topics such as adolescent obesity and bariatric surgery are included. Cases also include questions to help readers who are not familiar with a particular specialty explore the pathophysiology of disease and nutritional treatment recommendations.

Advanced Medical Nutrition Therapy Practice

Annalynn Skipper, PhD, RD, FADA, Annalynn Skipper & Associates

Advanced Medical Nutrition Therapy Practice describes a model of advanced practice in medical nutrition therapy and illustrates how dietitians can become advanced-level practitioners through education and training. In most health professions, there is a clear progression from beginning practitioner to seasoned expert. While such a progression may exist in dietetics, it is not clearly articulated. This groundbreaking reference is designed for clinical dietitians with an interest in elevating their level of practice.

Paperback • 219 Pages • © 2009

Nutrition Management of Patients with Inherited Metabolic Disorders

Phyllis B. Acosta, DrPH, RD, Emory University

Nutrition Management of Patients with Inherited Metabolic Disorders supplies the knowledge needed by nutritionists, dietitians, and other healthcare professionals who provide services to patients with inherited metabolic disorders (IMDs). This text helps medical food manufacturers, medical geneticists, nutritionists, dietitians, and other healthcare providers find alternative forms of supplying the nutrients that promote optimal health and nutrition for the patient.

Hardcover • 364 Pages • © 2012

Handbook of Home Nutrition Support

Carol S. Ireton-Jones, PhD, RD, LD, CNSD, Coram, Inc
Mark H. DeLegge, MD, FACG, Medical University of South Carolina

Handbook of Home Nutrition Support is an authoritative reference on the many aspects of the delivery of parenteral and enteral nutrition therapy at home. Each chapter in this comprehensive handbook is designed to enhance clinical skills by exploring the specific applications for various needs such as cancer, liver, pancreatic, cardiac, and pulmonary diseases, as well as pregnancy and organ transplant.

Paperback • 472 Pages • © 2007

Pediatric Nutrition Support

Susan S. Baker, MD, PhD, State University of New York at Buffalo
Robert D. Baker, MD, PhD, State University of New York at Buffalo
Anne M. Davis, PhD, RD, Martek Biosciences Corporation

Pediatric Nutrition Support is a comprehensive, state-of-the-art resource for all dietitians, nurses, physicians, and pharmacists involved in pediatric care. This reference provides thorough coverage of the latest developments and techniques in enteral and parenteral feeding and evaluation methods. Cases detailing specific pediatric disease conditions offer concrete examples of nutrition support processes and make this a must-have resource.

Hardcover • 612 Pages • © 2007
**Nutrition Education**
*Linking Research, Theory, and Practice*
*Second Edition*

*Isobel Contento, PhD, CDN, Teachers College Columbia University*

This book is divided into three parts:
- Part 1 provides the background; it describes the evidence for nutrition education and the theories from behavioral sciences that can guide nutrition education.
- Part 2 lays out the 6-step process for designing nutrition education; it includes diagrams, worksheets, and case studies to provide a clear illustration of each of these steps.
- Part 3 describes the nuts and bolts of providing nutrition education: leading groups; working with different ages, low-literacy groups; making presentations, making and using visuals.

**Praise for this text:**
“This book has well documented research with well laid out education theories. The author has done extensive research in the area and has prepared a book with learning objectives, examples, flowcharts, case studies, review questions, and references in each chapter. It presents a procedural model that takes behavioral theory and translates it into practical ways to implement nutrition education.”

—Lisa G Brown, BS, College of Saint Benedict
Doody’s Review Service

**Nutrition Counseling Skills for the Nutrition Care Process**
*Fourth Edition*

*Linda Snetselaar, RD, PhD, University of Iowa*

**Nutrition Counseling Skills for the Nutrition Care Process** provides the latest counseling theory and communication techniques for clinical and community settings. The *Fourth Edition* focuses on tailoring intervention strategies to a client’s dietary needs through effective interviewing, assessing, and counseling. This revision of a popular text addresses nutrition counseling for conditions such as obesity, heart disease, diabetes, renal disease, hypertension, cancer, eating disorders, and pregnancy.

**Key Features**
- Updated information on theories and strategies for behavior change
- New focus on the Nutrition Care Process
- Chapter 7 on diet therapy for renal disease
- Chapter 8 on Dietary Approaches to Stop Hypertension (DASH) studies and the relation of diet and hypertension
- Applied examples of stages of change and strategies to achieve dietary modification

ISBN-13: 978-0-7637-7508-7 • Paperback • 444 Pages • © 2011 • Additional Format: CourseSmart

**Instructor Resources:** IM, PP, TB
**Student Resources:** CW

**Nutrition and Diet Therapy**
*Self-Instructional Approached*
*Fifth Edition*

*Peggy S. Stanfield, MS, RD, CNS, Dietetic Resources*

**Nutrition and Diet Therapy: Self-Instructional Approaches** covers the fundamentals of basic nutrition, and then nutrition as therapy, in both adults and children. Progress checks throughout each chapter and chapter post-tests help students to evaluate their comprehension of key information.

The *Fifth Edition* has been completely revised with a new *Introduction to Nutrition* chapter (Chapter 1), updated My Pyramid and corresponding DRIs, as well as all figures, tables and references.


**Instructor Resources:** AE, PP

**Student Resources:** CW
Dietetic’s Guide to Assessment and Documentation
Jacqueline Morris, RD, MPH, CDN, Annex Nutrition Services

Dietetic’s Guide to Assessment and Documentation covers the components of nutrition care assessment and provides information on the legal aspects of documentation.

This text will help students learn how to:
• Interpret lab data
• Properly document information with the law in mind
• Write a care plan
• Prepare for Joint Commission or State surveys

Instructor Resources: AE, PP

Quick Reference to Clinical Dietetics
Second Edition
Lucinda Lysen, RD, LD, RN, BSN

Designed for quick access and clear guidance, Quick Reference to Clinical Dietetics, Second Edition, offers step-by-step guidelines for nutrition screening and assessment, including physical assessment, nutrition intervention, and follow-up.


Dietetic’s Pocket Guide to Nutrition
in Spanish
Second Edition
Sandra N. Mayol-Kreiser, Arizona State University
Libe Marks, Medical Interpreter, The Children’s Hospital, Denver, CO

Dietetic’s Pocket Guide to Nutrition in Spanish is a small, handy, pocket guide with quick nutritional information in English and Spanish, including a pronunciation guide. It includes the career specific verses and words to help you communicate about health, food, diet and nutrition in Spanish.

Managing Food and Nutrition Services for the Culinary, Hospitality, and Nutrition Professions

Sari Edelstein, PhD, RD, Simmons College

Managing Food and Nutrition Services for the Culinary, Hospitality, and Nutrition Professions skillfully merges culinary, hospitality, and dietetics management principles into one practical resource for future nutrition professionals. This textbook prepares students to perform the daily operational tasks of foodservice by combining theory with practice. Each chapter includes hands-on assignments to encourage students to develop problem-solving and critical-thinking skills. Case studies about real-life work situations, such as chain restaurants and elementary school cafeterias, ask students to consider how they would respond to typical issues in the workplace. Respected experts within their specialized field of study have contributed chapters on topics such as foodservice industry trends, fiscal management, and long-term planning.

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Managing Child Nutrition Programs
Leadership for Excellence
Second Edition

Josephine Martin, PhD, RD, LD,
The Josephine Martin Group
Charlotte Beckett Oakley, PhD, RD, LD, FADA,
National Food Service Management Institute

Managing Child Nutrition Programs: Leadership for Excellence, Second Edition, gives readers the skills and knowledge they need to develop and lead today’s child nutrition programs. Each chapter and accompanying case study are prepared by recognized child nutrition professionals and academic leaders, with proven applications in the development, implementation, management, and evaluation of child nutrition programs. The Second Edition takes a systems approach to program management by focusing on four program areas; administration, nutrition, operations, and communications and marketing. This approach prepares readers to achieve innovation and excellence in their child nutrition programs through effective leadership in each of the program areas with the desired outcome of helping children develop healthy food habits and giving children access to healthful food when under the care of the school or institutional setting.

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ESHA Research

EatRight Analysis Online, Version 15.0 is an important component to personal decision-making and behavior change. This diet analysis software includes over 20,000 food choices, MyPyramid, 2005 Dietary Guidelines, and current DRIs. It allows students to analyze their diets by RDAs/DRIs and goal percentages. Developed by ESHA Research, EatRight Analysis Online is designed to teach students about the roles that behavior and personal decision-making play in the way that they eat.

This web-based application allows your students to:
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- Track energy intake and set weight goals.
- Analyze, print, and email a variety of reports based on your personal food intake and activities over multiple days.

Visit http://eatright.jblearning.com for more information.

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EatRight Analysis, Version 12.0 has been completely redesigned for easier use and updated to include the latest dietary information. It includes over 20,000 food choices and current DRIs. It allows students to analyze their diets by RDAs/DRIs and goal percentages. Developed by ESHA Research, EatRight Analysis, Version 12.0 is designed to teach students about the roles that behavior and personal decision-making play in the way that they eat.

EatRight Analysis, Version 12.0 illustrates personal health habits and allows users to:
- Track energy intake and expenditure
- Set weight goals
- Compare their nutrient intake to recommended intake levels

Visit http://eatright.jblearning.com for more information.

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Managing Food and
Nutrition Services
FOR THE CULINARY,
HOSPITALITY, AND
NUTRITION
PROFESSIONS
SARI EDELSTEIN
OUR STORY

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