

Nutrition Guide for Physicians



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Reviews

Here is the finest ebook i have got read until now. It really is simplistic but excitement within the 50 percent in the book. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Lupe Connelly)

NUTRITION GUIDE FOR PHYSICIANS



2009. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Part 1. Basic Nutritional Principles for Physicians1. How Important is Nutrition?Overview of current opinions in determining the significance of diet and nutrition with respect to predicting patient health.Co-written by the editors: Wilson, Temple, Bray and Struble.2. Fat: the Good, the Bad, and the UglyReview of the different types of dietary fat, food sources of fat, and dietary fat effects on health.George Bray, Pennington Biomedical Research Center3. Dietary Fiber: All Fibers are not AlikeDiscussion of the types of fiber and their linkage to disease.Joanne Slavin PhD, RD, Department of Food and Nutritional Sciences and David Jacobs PhD, Division of Epidemiology, University of Minnesota4. Sugar and Artificial Sweeteners: Seeking the Sweet TruthThis will be a primer that discusses the high-fructose corn syrup debate, the effect of sweetness and caloric intake, and the health concerns patients have regarding the use of artificial sweeteners such as aspartame and saccharine.Barry M Popkin PhD, School of Public Health, University of North Carolina5. Vitamins: How much do we Really Need?An overview.Marie Boyle Struble, PhD, RD6. Minerals: How much do we Really Need?An overview.Marie Boyle Struble, PhD, RD7. Dietary Reference Intakes: Cutting Through the ConfusionDiscussion of how clinicians should counsel their clients in the use of the information in the DRI, RDA, and the food pyramid. Marie Boyle Struble, PhD, RD8. Food Composition and Labels: Sorting the Wheat from the ChaffThis will review the major types of food (meat, fruit, etc), including the impact of food processing (e.g., cooking and the refining of flour) on nutrient quality. The chapter will explain how to read and interpret food labels, and discusses how the most important information is often hidden from the consumer.Marie Boyle Struble, PhD, RD and Norman Temple. 9. Vegetarian and Vegan Diets:...



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