

# Ovid®

## Nutrition in Clinical Practice

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This fully updated 3rd edition is edited by a leading authority in nutrition and preventive medicine. Practical and evidence-based, chapters address the effects of diet on health and a comprehensive array of illnesses, making it a vital and timely addition to any caregiver's library.

#### Features:

- NEW data from hundreds of recent studies
- NEW section: Contemporary Topics in Nutrition
- Easy-reference format includes short chapters, links to current online articles
- Contributors representing diverse expertise and practical experience with medical education, nutrition in clinical practice, and preventive medicine
- Enhanced coverage of controversial topics, such as, the effects of sugar; health effects of obesity and the 'obesity paradox'; health effects of gluten and grains; nutritional therapy
- Appendices includes ancillary materials such as clinically relevant formulas, nutrition data tables, and patient specific meal planners, all fully updated

Publication Year	2014
Edition	3rd Ed.
Author/Editor	Katz, David L.; Friedman, Rachel S.C.; Lucan, Sean C.
Publisher	Lippincott Williams & Wilkins (LWW)
ISBN	978-1-451-18664-2
Platform	OvidMD, Ovid
Product Type	Book
Speciality	Advanced Practice Internal Medicine Nurse Practitioner Nutrition & Dietetics Physician Assistant Primary Care/Family Medicine/General Practice
Language	English
Pages	760
Illustrations	0
Included In	Hospital Medical Reference Essentials 2019 DS Lippincott Williams & Wilkins Nursing Books Bridge Collection 2016 OvidMD Advantage Extended DS OvidMD Advantage Premium DS 2019