Coauthored by three physicians and a dietitian, this quick-reference manual provides practical, state-of-the-art, evidence-based nutrition recommendations for healthy adults, hospitalized patients, and people with a full range of health conditions. It's an ideal source to help you meet the nutrition needs of every patient.

- Effectively counsel healthy patients with nutrition recommendations for both young and older adults, and provide specific guidance for patients who are pregnant or lactating.
- Find information on individual nutrients (e.g. vitamin D, iron), contained in a dedicated section covering nutrient components.
- Get detailed guidance with separate chapters on Protein and Calories, Vitamins, Minerals, and Dietary Supplements.
- Access advice specific for metabolic disorders (diabetes, dyslipidemia, and renal disease), for obesity, and for chronic wasting diseases (cancer, AIDS).
- Make informed decisions on enteral and parenteral nutritional therapy.

**Publication Year**
2015

**Edition**
6th Ed.

**Author/Editor**
Alpers, David H.; Taylor, Beth E.; Bier, Dennis M.; Klein, Samuel

**Publisher**
Lippincott Williams & Wilkins (LWW)

**ISBN**
978-1-451-19187-5

**Doody's Star Rating®**
Score: 68

**Doody Core Title Score**
2.8 (Nutrition)

**Platform**
OvidMD, Ovid

**Product Type**
Book

**Speciality**
Nutrition & Dietetics

**Language**
English

**Pages**
732

**Illustrations**
0

**Included In**
Hospital Medical Reference Essentials 2019 DS
Lippincott Williams & Wilkins Doody's Core Book Collection 2018
OvidMD Advantage Extended DS
OvidMD Advantage Premium DS 2019