This reference provides essential information on therapeutic nutrition and contains 135 patient education handouts that health care providers can reproduce and give to patients.

Included in this reference are handouts on recommended dietary allowances, the latest food pyramid, prediabetes, glycemic index, mercury and fish safety, food allergy, and 16 specific diets for medical conditions. Each patient education handout is prefaced by an overview that offers guidelines on nutritional interventions and patient education. The book also includes discussions on nutritional controversies and eating disorders and a list of additional resources.