This timely paperback contains everything the primary care clinician needs to counsel patients on diet and lifestyle issues. Keep it close at hand for the frequent consultation it is sure to receive.

Clinicians and patients agree that primary care office visits should include routine nutrition assessment and counseling. But how do you fit it into an already crowded consultation? And what is the most up-to-date advice?

With the Complete Guide to Nutrition in Primary Care, Drs. Deen and Hark provide the necessary tools. This comprehensive overview of nutrition answers questions on:

* Nutrition as Preventive Medicine
* Nutrition through the Lifecycle
* Improving Health by Changing Diet and Lifestyle Behaviors
* Vitamins, Minerals, Dietary Supplements, and the Alternative
* Successful Changes to the Environment

Publication Year: 2007
Edition: 1st
Author/Editor: Deen, Darwin; Hark, Lisa
Publisher: Wiley
ISBN: 978-1-405-10474-6
Doody's Star Rating®: ★★★★☆ Score: 93
Platform: OvidMD, Ovid
Product Type: Book
Speciality: Food Science & Nutrition, Nutrition & Dietetics, Nutrition/Diet Therapy
Language: English
Pages: 464
Illustrations: 0
Included In: Wiley Doody’s Premier Titles Collection 2014