Essentials of Life Cycle Nutrition is an introductory undergraduate textbook appropriate for use in nutrition, dietetics, family consumer sciences and other related programs.

Essentials of Life Cycle Nutrition covers nutrition requirements throughout the lifespan, with a special emphasis on both pregnancy and End of Life issues. Including over 100 illustrations, photos and tables, the text provides a look into contemporary nutritional issues such as pediatric vegetarianism, childhood obesity, diabetes, eating disorders, chronic disease, pharmacologic considerations, physical activity and weight management, and unique nutrition needs in the older adult. The text also provides a full spectrum of the nutritional guidelines to begin the solid preparation needed for a career in practice.

Publication Year: 2010
Edition: 1st
Author/Editor: Sharlin, Judith
Publisher: Jones & Bartlett Learning
ISBN: 978-0-763-77792-0
Doody's Star Rating: ★★★★★ Score: 94
Platform: OvidMD, Ovid
Product Type: Book
Speciality: Nutrition & Dietetics
Language: English
Pages: 345
Illustrations: 0