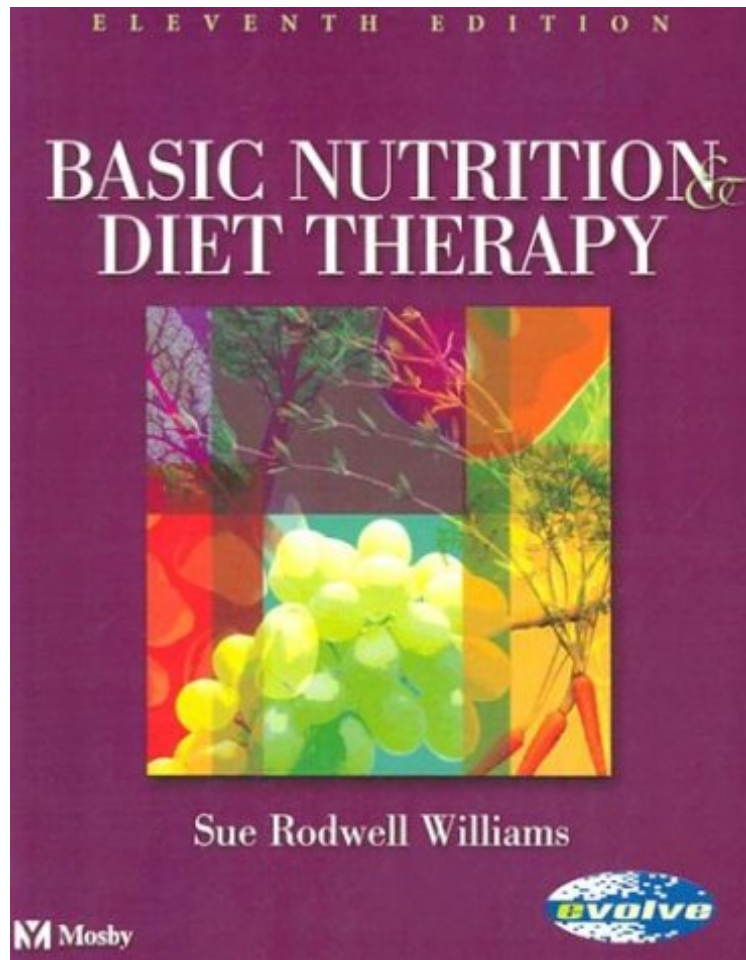


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## Basic Nutrition and Diet Therapy

*Sue Rodwell Williams*

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**Sue Rodwell Williams : Basic Nutrition and Diet Therapy** before purchasing it in order to gage whether or not it would be worth my time, and all praised Basic Nutrition and Diet Therapy:

4 of 4 people found the following review helpful. Phenomenal!!By PaganDeva2000This book was discovered AFTER I graduated and received my license in June, 2006. This book is just perfect for the LPN. I didn't understand nutrition...learning it in school was a nightmare, but later, now that I have no pressure from class, I can read at my leisure. It gives the origin of names, which makes things easier to remember, and it can be correlated to nursing because it is really a nursing text. I actually began to understand how and why medications were given for certain conditions and also understood the nature of diseases better through this wonderful text. I wish my professor chose this text over what we already used. Whether you are a student studying from another text or an RN, this is the book to get. It goes straight to the point without all of the nonsense!0 of 0 people found the following review helpful. Encyclopedic yet readable.By Donald M. CoderThis book is big, encyclopedic, it contains extensive factual information, yet it is

readable and practical. 8 of 8 people found the following review helpful. Too many glitches  
By John Nordin  
While I do not object to the descriptions of other reviewers, I have to disagree about the overall evaluation. There are too many oddities and unclear descriptions and graphs. For example: in the classification of carbohydrates in chapter 2, the table (2-1) does not line up with the text in terms of the treatment of fiber. Many will be surprised to learn that athletes do not really need any extra protein (chapter 16). The energy pathway graphics for diabetes in chapter 20 has arrows that point off to nothing and is very confused (using the same type of icon to represent processes and effects, for example). For that matter, the entire discussion of management of diabetes would be near useless for anyone actually trying to understand how to help a patient. It has too many platitudes about various good things that should be done, without any explanation of why those things are hard to do. More fundamentally, the book often presents conclusions without explaining (to some degree) the underlying mechanisms. It also (as in the protein discussion regarding calcium loss with excessive protein intake) indicates that some effect can occur, without indicating the any quantitative information about when it will start to occur and how much of the effect occurs.

"Basic Nutrition and Diet Therapy", now in its 11th edition, continues to provide a sound learning resource and a handy manual in basic nutrition for support personnel in health care. Throughout its previous ten editions, it has filled a practical need amongst allied health students and professionals for a realistic and easily comprehended reference. It continues to maintain a person-centred approach to nutritional study and client/centred practice.

About the Author  
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