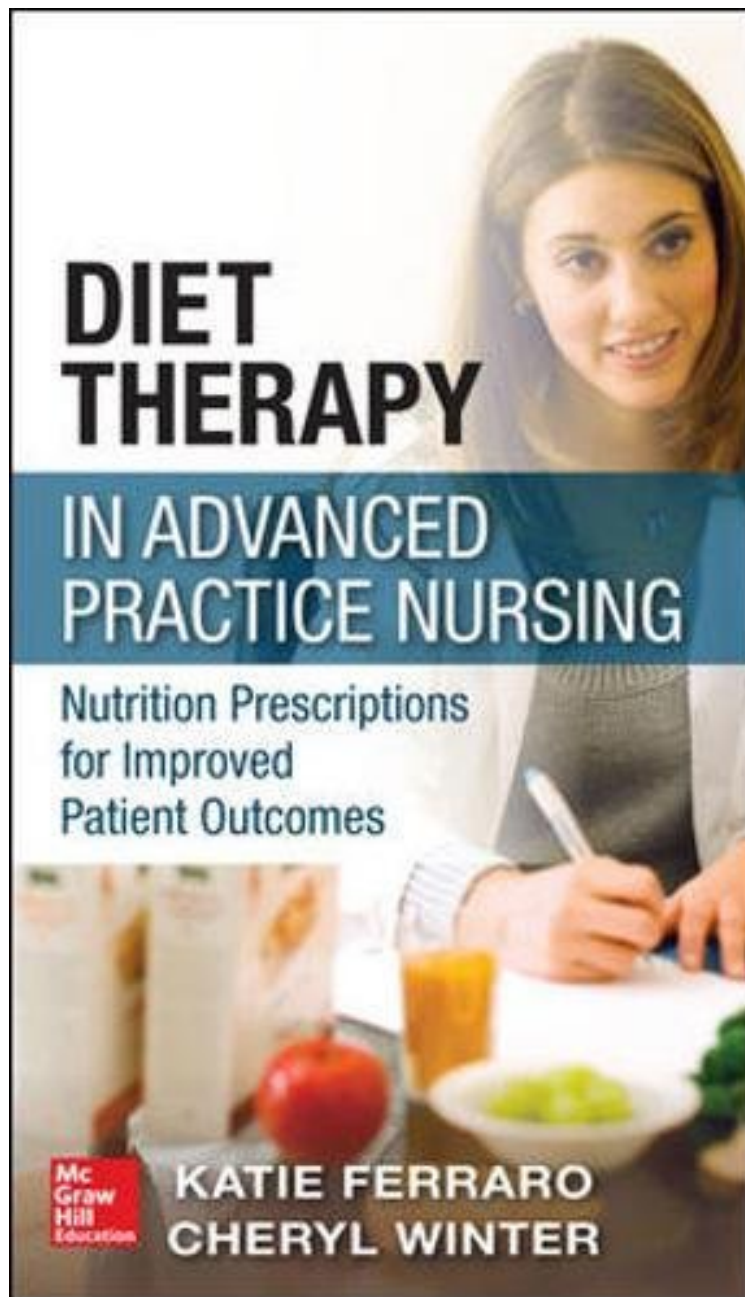


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## **Diet Therapy in Advanced Practice Nursing: Nutrition Prescriptions for Improved Patient Outcomes**

*Katie Ferraro Assistant Clinical Professor Dietitian, Cheryl Winter  
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**Katie Ferraro Assistant Clinical Professor Dietitian, Cheryl Winter : Diet Therapy in Advanced Practice Nursing: Nutrition Prescriptions for Improved Patient Outcomes** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Diet Therapy in Advanced Practice Nursing: Nutrition Prescriptions for Improved Patient Outcomes:

1 of 1 people found the following review helpful. Astounding!By MulletRarely does a nutrition manual make you sit up and start reading with interest...unless maybe if you're a RD.As I opened this book I thought, "Finally! A book dedicated to the Advanced Practice Nurse that is actually helpful." I don't mean to sound facetious-this is a phenomenally well written guide for those of us who have wanted desperately to improve our patients' health outcomes but didn't have the advanced tools necessary to practically include nutrition in the prescription.This book is comprehensive and is formatted for easy referencing when considering specific patient conditions. My only wish is that the target audience be expanded to include ALL health care providers because everyone in the industry could benefit from being able to work with our patients on improving their nutritional status and optimizing their health. And our own.0 of 0 people found the following review helpful. Clear nutritional guidelines for in primary careBy anhchiquitaSimple to use and relevant in primary care. Easy to find tips and education for both practitioners and patients. Absolutely fabulous! A jewel in understanding the importance of the first line of therapy "Nutrition". This is a prescription for the 1st line therapy - nutritional prevention - at is best!2 of 2 people found the following review helpful. Dispensing dietary prescription from the APN to their patients -- for better health outcomes and relationship!By MarissaRNThis nutrition book is comprehensive and contains a wealth of information that is current and yet, quite easy to understand. It translates the evidence based literature (documented at the end of each chapter) to engage, add to and promote the use of nutrition for the APN in clinical practice.It provides nutritional guidance from assessment to intervention, while incorporating the patients condition, cultural background and personal taste. It sees the patient through the lifespan stages, in-utero to older adults, from pregnancy to abnormal chronic conditions.As a student studying to become an advanced practice nurse in public health, I know I will be referring to this book as I counsel patients with diabetes, cardiac, gastrointestinal and cancer as an adjunct therapy to better health.The book also aids the practitioner with exemplars to use with patients (like portion size, activity level, and even food seasonings just to name a few) distilling this information for the layperson to encourage communication between providers and clients. It promotes the learning axis of see one, do one, show one in meal planning.I highly recommend this nutrition resource/guidance book to any nursing student, provider in both acute and primary care practice.

A Doody's Core Title for 2015.Proven nutrition strategies for optimizing health and combating specific diseases written for the advanced practice nurseAs scientific evidence continues to emerge showing the underlying role nutrition and diet play in preventing and treating common health issues such as cardiovascular disease, diabetes, and cancer, there's renewed emphasis by healthcare providers on delivering individualized nutrition prescriptions to patients to improve health outcomes. While this role has traditionally been performed in out-patient and in-patient settings by registered dietitians, advanced practice nurses now play a major role in giving diet and nutrition advice to patients and, in some cases, prescribing medical and diet therapy plans.Diet Therapy in Advanced Practice Nursing gathers together the evidence-based guidelines and practices recommended for the prevention, management, and treatment of a variety of disease states. Co-authors Katie Ferraro, RD, and Cheryl Winter, RD, NP, used their combined knowledge and experience in nutrition and nursing practice to write an easy-to-use book that gives readers practical resources such as:Meal planning and tracking toolsNutrition screening, assessment, and counseling techniquesBody weight regulation principlesNutrition assessment and monitoring parametersIndividual chapters cover nutrition for all major disease states, giving prevention guidelines, medical nutrition and diet therapy recommendations, patient education tools, and detailed complication and side effect considerations. The book concludes with appendices containing key information for clinical reference, including Dietary Reference Intake (DRI) tables, USDA Food Patterns, CDC Growth Charts, and Useful Conversions for Nutrition.

About the AuthorKatie Ferraro, MPH, RD, CDE, is a registered dietitian, certified diabetes educator, and nutrition consultant based in San Diego, California. Specializing in nutrition communications and curriculum development, Katies approach to primary care nutrition is If you cant beat em teach em! She is an Assistant Clinical Professor of Nutrition in the graduate schools of nursing at the University of California San Francisco and the University of San Diego. Katie obtained her undergraduate degree in Dietetics from Texas Christian University and Master of Public Health Nutrition from the University of California, Berkeley. She is a former Peace Corps Volunteer (Nepal) and an avid traveler and intrepid taster of new foods. You can find Katie online at [www.ingrainhealth.com](http://www.ingrainhealth.com). Cheryl Haas Winter, MS RD, MS APRN, CDE, BC-ADM, FNP-BC is a registered dietitian and advanced practice registered nurse, who is board-certified as a family nurse practitioner. Cheryl has been passionate about the powers of food and nutrition since high school, which is why she first became a registered dietitian. Believing food and nutrition to be the

best medicine for prevention and treatment of disease eventually led her to become a registered nurse and then family nurse practitioner so that her patients were sure to be prescribed necessary medical nutrition therapy. Being focused on preventing and treating obesity and diabetes, Cheryl also became board-certified in advanced diabetes management, and currently practices as a diabetes specialist healthcare provider in Houston, Texas for DiabetesAmerica. Additionally, she is a weight-management specialist and certified diabetes educator/consultant with her own company, DiabeteStepsRx (<http://diabetestepsrx.com>).