



Nutritional Foundations and Clinical Applications - Elsevier E-Book on VitalSource (Retail Access Card): A Nursing Approach, 5e

Michele Grodner EdD CHES, Sara Long Roth PhD RD LD, Bonnie C. Walkingshaw MS RN

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- Emphasis on health promotion and primary prevention stresses the adoption of a healthy diet and lifestyle to enhance quality of life.
- Content Knowledge and Critical Thinking/Clinical Applications case studies reinforce knowledge and help you apply nutrition principles to real-world situations.
- Cultural Considerations boxes discuss various eating patterns related to ethnicity and religion to help you understand the various influences on health and wellness.
- **Personal Perspective boxes** demonstrate the personal touch for which this book is known, and offer first-hand accounts of interactions with patients and their families.
- Health Debate and Social Issue boxes explore controversial health issues and encourage you to develop your own opinions.
- **Teaching tool boxes** provide tips and guidance to apply when educating patients.
- Website listings with a short narrative at the end of every chapter refer you to additional online resources.
- Updated content to Dietary Guidelines for Americans 2010 keeps you current.
- Additional questions added to case studies in the Nursing Approach boxes help you focus on practical ways you can use nutrition in practice.
- **Study tools on Evolve** present virtual case studies and additional questions with instant feedback to your answers that reinforce your learning.
- Online icons throughout the text refer you to the NEW Nutrition Concepts Online course content.
- A logical organization to updated and streamlined content lets you find the information you need quickly.



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