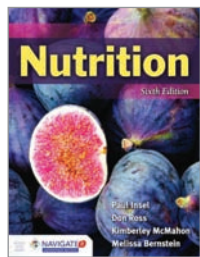


# NUTRITION

## 2018 CATALOGUE



### Nutrition, 6/e

Paul Insel, Don Ross, Kimberley McMahon & Melissa Bernstein

The *Sixth Edition* of *Nutrition* provides a modern, comprehensive introduction to nutrition concepts, guidelines, & functions. Its student-focused approach provides readers with the knowledge they need to make informed decisions about their overall nutrition.

**Key Features:** This text is among the first to highlight the findings & recommendations put forth in the *2015 Dietary Guidelines for Americans* • Addresses new food labels introduced by FDA in May 2016 • *Going Green* & *FYI* boxes incorporate the latest nutrition-related research & news • The new *Getting Personal* feature encourages students to apply concepts to their own lives

**Contents:** Food Choices: Nutrients & Nourishment • Nutrition Guidelines & Assessment • Spotlight on Dietary Supplements & Functional Foods • Digestion & Absorption • Carbohydrates • Lipids • Proteins & Amino Acids • Alcohol • Metabolism • Energy Balance, Body Composition, & Weight Management • Spotlight on Obesity • Fat-Soluble Vitamins • Water-Soluble Vitamins • Water & Major Minerals • Trace Minerals • Sports Nutrition: Eating for Peak Performance • Spotlight on Eating Disorders • Diet & Health • Life Cycle: Maternal & Infant Nutrition • Life Cycle: From Childhood Through Adulthood • Food Safety & Technology: Microbial Threats & Genetic Engineering • World View of Nutrition: The Faces of Global Malnutrition

ISBN: 9781284100051 • HB • 1002pp • 2017 • \$85.00



### Discovering Nutrition, 6/e

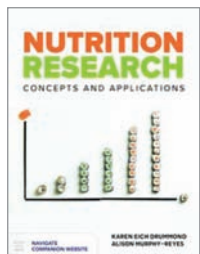
Paul Insel, Don Ross, Kimberley McMahon & Melissa Bernstein

*Discovering Nutrition, Sixth Edition* introduces students to the fundamentals of nutrition with an engaging and personalized approach. Written with a diverse student population of nutrition majors and non-majors in mind, this text focuses on teaching behavior change and personal decision making with an emphasis on how our nutritional behaviors influence lifelong personal health and wellness, while also presenting up-to-date scientific concepts in a number of innovative ways.

**Contents:** Food Choices: Nutrients and Nourishment • Nutrition Guidelines: Tools for a Healthful Diet • The Human Body: from Food to Fuel • Carbohydrates: Simple Sugars and Complex Chains • Spotlight on

Alcohol • Lipids: Not Just Fat • Proteins and Amino Acids: Function Follows Form • Vitamins: Vital Keys to Health • Spotlight on Dietary Supplements and Functional Foods • Water and Minerals: The Ocean Within • Spotlight on Metabolism and Energy Balance • Nutrition for Physical Performance • Spotlight on Eating Disorders • Diet and Health • Spotlight on Obesity and Weight Management • Life Cycle: Maternal and Infant Nutrition • Life Cycle: Childhood Through Older Adulthood • Spotlight on World Nutrition • Food Safety and Technology: Microbial Threats and Genetic Engineering • Appendices

ISBN: 9781284139464 • PB • 848pp • 2019 • \$74.50



### Nutrition Research

*Concepts and Applications*

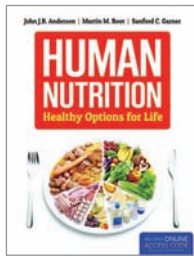
Karen Eich Drummond & Alison Murphy-Reyes

*Nutrition Research: Concepts and Applications* assists students in developing the skills necessary to become knowledgeable consumers of research, conduct & document research projects, & use research findings in the classroom & in supervised practice.

**Contents:** Part 1: Foundations • Introduction to Research • How to Find Appropriate Research Articles • Ethics in Nutrition Research • Part 2: How to Read, Interpret, & Evaluate Quantitative Nutrition Research • Key Concepts in Quantitative Research • What Do the Quantitative Data Mean? • Quantitative Research

Designs: Experimental, Quasi-Experimental, & Descriptive • Epidemiologic Research Designs & Predictive Correlational Designs • Putting It All Together: Understanding & Evaluating Quantitative Research Studies • Part 3: How to Read, Interpret, & Evaluate Qualitative Nutrition Research • The Basics of Qualitative Research • Qualitative Research Study Designs • How to Evaluate Qualitative Research • Part 4: Using Research in Practice & Reporting Research • Understanding & Using Sources of Evidence: Systematic Reviews and Evidence-Based Nutrition Practice Guidelines • How to Develop and Use Surveys in Research • Writing and Disseminating a Research Proposal and Paper • Securing Grants for Nutrition Research • Appendices

ISBN: 9781284101539 • PB • 502pp • 2018 • \$60.00



### Human Nutrition

*Healthy Options for Life*

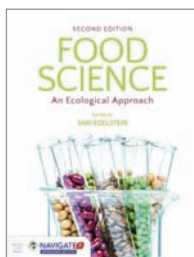
John J.B. Anderson, Martin M. Root & Sanford C. Garner

*Human Nutrition: Healthy Options for Life* provides all the essential information students need regarding foods and nutrients, and how the body uses nutrients in relation to both health and chronic diseases. The authors provide a unique focus on the linkages between nutrients deficits and/or excesses and personal health. It helps students fully understand epidemiology, with a clear focus on the concept of the multiple risk factors involved in diseases, such as diet, heredity, and lifestyle factors.

*Human Nutrition: Healthy Options for Life* empowers students to become more sophisticated in their own nutritional health behavior and guides them in determining appropriate serving sizes and food choices that promote health and prevent diet-related diseases.

**Contents:** An Introduction to Foods, Nutrients, and Human Health • Food Labels, Food Groups, and Phytochemicals • Reflection on Food Processing and Food Safety • Digestion of Foods and Absorption of Nutrients • Energy and Metabolism • Carbohydrates • Reflection on Type 2 Diabetes Mellitus: A Disease of Altered Glucose Metabolism • Fats and Other Lipids • Reflection on Cardiovascular Disease • Proteins • Vitamins • Water and Minerals • Nutrition During Pregnancy, Lactation, and Infancy • Nutrition Across the Life Cycle • Obesity and Weight Control • Nutritional Needs for Physically Active Adults and Athletes • Diet-Related Cancers and Other Chronic Diseases • Nutrition and Hunger: A Global Problem • Human Nutrition: Healthy Options for Life

ISBN: 9781449698744 • PB • 622pp • 2015 • \$80.00



### Food Science, 2/e

*An Ecological Approach*

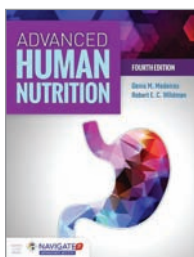
Sari Edelstein

*Food Science: An Ecological Approach, Second Edition* presents the field of food science in a fresh, approachable manner that places it in the context of the world in which we live today. Specifically, the text marries food science with present concerns regarding food quality, composition, and availability, emphasizing the "ecological approach."

Section I of the *Second Edition* presents the introductory concepts underpinning food science. These foundational chapters provide students with the background to understand the relationship between food science and the environment, research methods used by food scientists, and the underlying science and chemistry behind food composition. Section II provides a focused discussion of the types of food and the science behind each. Using a consistent presentation, each chapter discusses each food's historical, cultural, and ecological significance; its physical and chemical properties; preparation techniques and food safety concerns; and its impact on health.

**Contents:** Section 1: Food Science Background: Food Systems in Relation to Climate Change, Research, Sensory Evaluation and the Chemical Composition of Foods • Food Science in an Era of Environmental Concern • How Food Science is Guided by Research • Food Evaluation • Food Composition • Food Safety • Section 2: Categorized Food and Beverage Groupings, Vegetarianism, Food Preservation and Packaging • Vegetarianism • Meat and Meat Substitutes • Fish • Poultry • Milk, Cheese and Dairy • Eggs and Egg Replacements • Fruits and Vegetables • Grains, Cereals, Pasta, Rice, Flour and Starch Cookery • Yeast Breads, Quick Breads, and Cakes • Fats and Oils • Sugar and Sugar Substitutes • Beverages: Coffee, Tea, Sports and Energy Drinks, and Sugar-sweetened Beverages (SSBs) • Food Preservation and Packaging

ISBN: 9781284122305 • HB • 678pp • 2019 • \$81.00



### Advanced Human Nutrition, 4/e

Denis M. Medeiros & Robert E.C. Wildman

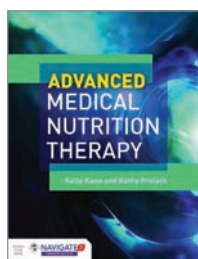
Written for the upper-level undergrad or graduate level majors course, *Advanced Human Nutrition, Fourth Edition* provides an in-depth overview of the human body and details why nutrients are important from a biochemical, physiological, and molecular perspective. Through its conversational writing style and distinct figures and illustrations, the text clearly outlines metabolism and the molecular functions of nutrients.

A variety of pedagogical elements within the text, such as "Here's Where You Have Been" and "Here's Where You Are Going," help clarify key points from the chapter and provide real-world examples to bring the content to life.

**Key Features:** Each chapter now concludes with "Clinical Insight" which presents the clinical relevance of the nutritional science topics covered within the chapter • Chapter 2 now discusses bariatric surgery procedures used to treat obesity, as well as diseases of the gastrointestinal track that have nutritional relevance in health and disease • Includes the latest algorithms used by the American Heart Association and American College of Cardiology in determining the risk of a cardiac event • Incorporates controversy brought about by some scientists on protein requirements as it relates to the RDA • Includes coverage of the role of the fat-soluble vitamins in Alzheimer's disease

**Contents:** Foundations of the Human Body • Digestion and Absorption • Carbohydrates: Energy, Metabolism, and More • Dietary Fiber: Digestion and Health • Lipids: Fatty Acids, Triglycerides, Phospholipids, and Sterols • Proteins and Amino Acids: Function, Quantity, and Quality • Water • Metabolism, Energy Balance, and Body Weight and Composition • Nutrition, Exercise, and Athletic Performance • Fat-Soluble Vitamins • Water-Soluble Vitamins • Major Minerals • Minor Minerals • Nutraceuticals and Functional Foods

ISBN: 9781284123067 • PB • 470pp • 2019 • \$85.00



### Advanced Medical Nutrition Therapy

Kelly Kane & Kathy Prelack

*Advanced Medical Nutrition Therapy* provides students and clinicians with the tools needed to render effective and evidence-based nutrition care plans based on the fundamentals of diet and disease. This text utilizes a practice-oriented, case-based approach that incorporates problem-based learning and engages the reader in various clinical scenarios. This approach encourages the reader to digest the didactic scientific concepts while applying them to patient-based clinical situations.

*Advanced Medical Nutrition Therapy* begins by presenting core concepts relating to nutrition and biochemical assessment, as well as enteral and parenteral nutrition. The text then delves into medical nutrition therapy for specific disease states, as well as therapy for specific life stages. Along the way, various pedagogical features emphasize the important of evidence-based practice and a thorough understanding of current research.

While appropriate for an undergraduate medical nutrition therapy course, *Advanced Medical Nutrition Therapy* also boasts coverage of specialized topics like oral health, as well as focused chapters on disorders of maldigestion and malabsorption. The text integrates aspects of both adult and pediatric nutrition, providing an opportunity to discuss the similarities and differences in various adult and pediatric states.

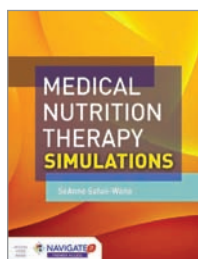
Written for use as the primary textbook for a one semester upper level undergraduate or graduate level Medical Nutrition Therapy or Clinical Nutrition course for nutrition majors.

**Contents:** Section 1: Core Concepts • Nutrition Assessment • Biochemical Assessment • Enteral Nutrition Therapy • Parenteral Nutrition Therapy • Energy Expenditure and Body Composition in Metabolic Stress

Section 2: Nutrition in Disease States • Nutrition in Critical Illness • Nutrition in Wound Healing • Nutrition Management of Obesity • Nutritional Management of Diabetes Mellitus • Nutrition in Cardiovascular Disease • Nutrition in Oral Health • Nutritional Management of Gastrointestinal Maldigestion • Nutritional Management of Gastrointestinal Malabsorption • Nutrition in Kidney Disease • Nutrition in Liver Disease • Nutrition in Pulmonary • Nutrition in Cystic Fibrosis • Nutrition in Solid Organ Transplantation • Nutrition in Oncology and Hematopoietic Stem Cell Transplant • Nutrition in HIV and AIDS

Section 3: Nutrition in the Life Cycle • Nutrition in Pregnancy and Lactation • Nutrition in Neonatology • Nutrition in Pediatrics • Nutritional Management of Pediatric Obesity • Nutrition in Eating Disorders • Nutritional in Developmental Disabilities • Nutrition in Geriatrics

**ISBN: 9781284042634 • HB • 812pp • 2019 • \$85.50**



### Medical Nutrition Therapy Simulations

SeAnne Safaii-Waite

Through a combination of simulated medical records and online decision-tree modules, *Medical Nutrition Therapy Simulations* guides students through clinical experiences that allow them to practice their critical thinking skills.

These simulations acclimate students to the routine and rigors of the average clinical rotation in which they're expected to do all of the following:

- Conduct a complete nutrition assessment of a patient
- Collect, analyze, and interpret data
- Set priorities for nutrition care plans
- Document conclusions about complex problems

The 10 simulation scenarios included in this text outline the details of cases relating to congestive heart failure, diabetes, liver disease, and other critical conditions. These simulations can be used in role-play activities with preceptors or with actors, as well as with high- or low-fidelity simulation robots.

Each copy of *Medical Nutrition Therapy Simulations* is accompanied by an access code that unlocks 10 decision-tree modules that cover the following topics: Celiac disease • Congestive heart failure • Chronic obstructive pulmonary disease • Type 1 diabetes mellitus • Type 2 diabetes mellitus • Liver disease • Lung cancer • Pancreatitis • Renal failure • Wound care

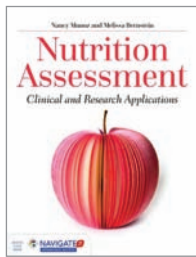
These modules mimic real-life clinical situations in which choices or outcomes of treatment are uncertain and are determined by the choices made by the practitioner. Each module features three decision points that determine the final outcome for the patient.

In these decision-tree modules, each decision the student makes impacts the outcome of the patient's treatment, encouraging the student to improve their ability to make decisions effectively and reliably.

A comprehensive resource unlike anything currently available, *Medical Nutrition Therapy Simulations* provides a perfect environment to practice and prepare for clinical rotations.

**Contents:** Introduction to Dietetic Simulation • Nutrition Assessment • Simulation 1: Celiac Disease • Simulation 2: Congestive Heart Failure • Simulation 3: Chronic Obstructive Pulmonary Disease • Simulation 4: Type 1 Diabetes • Simulation 5: Type 2 Diabetes • Simulation 6: Liver Disease • Simulation 7: Lung Cancer • Simulation 8: Pancreatitis • Simulation 9: Renal Failure • Simulation 10: Wound Care

**ISBN: 9781284161076 • PB • 138pp • 2019 • \$39.95**



### Nutrition Assessment

*Clinical and Research Applications*

Nancy Munoz & Melissa Bernstein

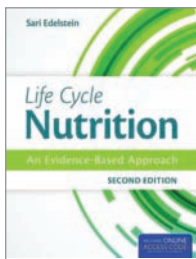
Written for the graduate-level nutrition course, *Nutrition Assessment: Clinical and Research Applications* explores the purpose, methods, and scientific basis for nutritional assessment in community, clinical, and individual nutrition settings. It provides students with the basic knowledge and skills to identify nutrition problems, develop research questions and study hypotheses, and plan nutrition interventions and treatments.

Divided into six sections, *Nutrition Assessment* opens with a historical perspective of nutrition assessment as well as an overview of the basis of scientific and nutritional research. The next four sections delve into the primary methods of nutritional assessment: dietary, anthropometric, biochemical, and clinical assessments. The final section is intended to cover public health topics including population wellness, health coaching, nutrition interventions, and international research.

Written for the graduate-level nutrition course focused on methods of nutritional assessment.

**Contents:** Section 1: Introduction • Nutritional Assessment • Health Research Methods • Standards for Desirable Nutrient Intake • Section 2: Method of Evaluation: Dietary Methods • Measuring Nutrient Intake • National Food and Nutrition Surveys • Computerized Food and Nutrition Analysis Systems • Section 3: Method of Evaluation: Anthropometric Methods • Anthropometry • Section 4: Method of Evaluation: Biochemical Assessment • Biomarkers in Nutritional Assessment • Section 5: Method of Evaluation: Clinical Assessment • Clinical Assessment of Nutritional Status • Nutritional Assessment in Health Promotion, Disease Prevention, and Treatment • Section 6: Population Wellness, Coaching, and Nutrition • Health Coaching Theory and Approaches • International Nutrition Assessment and Research • Appendix A: CONSORT 2010 Checklist of Information to Include When Reporting a Randomized Trial • Appendix B: STROBE Statement- Checklist of Items That Should Be Included in Reports of Observational Studies • Appendix C: PRISMA 2009 Checklist

**ISBN: 9781284127669 • PB • 520pp • 2019 • \$149.95**



### Life Cycle Nutrition, 2/e

*An Evidence-Based Approach*

Sari Edelstein

The *Second Edition* of *Life Cycle Nutrition: An Evidence-Based Approach* explores nutritional foundations and the growth, development and normal functioning of individuals through each stage of life. With subjects as diverse as media influences on eating, skipping breakfast, fruit juice consumption, and clinical nutrition, this text gives students current knowledge, helps them evaluate emerging knowledge, and prepares them to uncover new knowledge for the public, their clients, and themselves.

The *Second Edition* takes a topical, multi-disciplinary approach to the physiological, biochemical, sociological, and developmental factors that affect nutrient requirements and recommendations at the various stages of the life cycle. The issues surrounding topics such as chronic disease in adults are discussed throughout the adult stage. This approach makes it easier for students to relate nutrition concepts and epidemiologic research to the stages of life.

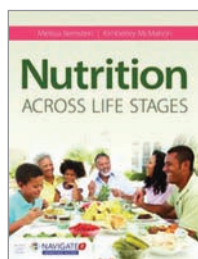
**Features & Benefits:** Evidence-Based Practice sections contains research articles that provide students with an opportunity to create peer-reviewed studies and clinical trials • Cultural Diversity Sidebars, integrated throughout the text, present issues that challenge students to think critically about the nutritional and health differences among ethnic groups • Interesting Vignettes, based on nutrition and health, enhance student understanding of the material presented • Issues to Debate sections provides timely topics for debate and further consideration such as withholding and withdrawing nutrition, the ethical implications of nutrition care, and right to die case law Students will learn the physiological, moral, ethical, and legal issues surrounding these emotionally charged issues • Case Studies and Nutritional Management help students develop knowledge and skills within a wide variety of subjects and improve critical thinking, public speaking, and group interactions

**Appropriate Courses include:** Life Cycle Nutrition • Nutrition through the Life Cycle • Nutrition in Human Development

**Contents:** Section 1: Evidence-Based Nutrition in the Life Cycle: Prenatal to the Adolescent • Nutrition Requirements During Pregnancy • Normal Infant Nutrition • Normal Nutrition for Toddler Through School-Aged Children and the Role of Parents in Promoting Healthy Nutrition in Early Childhood • Normal Adolescent Nutrition • Special Topics in Prenatal and Infant Nutrition: Genetics & Inborn Errors of Metabolism & Failure to Thrive • Special Topics in Toddler & Preschool Nutrition: Vitamins & Minerals in Childhood & Children with Disabilities • Special Topics in School-Aged Nutrition: Pediatric Vegetarianism, Childhood Obesity, & Food Allergies • Special Topics in Preadolescent & Adolescent Nutrition: Dietary Guidelines for Athletes, Pediatric Diabetes, & Disordered Eating

Section 2: Adult Evidence-Based Nutrition in the Life Cycle • Special Topics in Adult Nutrition: Chronic Disease Nutritional Assessment • Special Topics in Adults & Chronic Diseases: Nutrition & Public Health • Special Topics in Adult Nutrition: Physical Activity & Weight Management • Special Topics in Nutrition & the Older Adult: Diet, Lifestyle, Disease, & Pharmacologic Considerations • Special Topics in Age-Related Risks: Unique Nutrition Issues in the Older Adult • Special Topics Related to the Registered Dietitian & Older Adults: Roles & Responsibilities of the Registered Dietitian in Long-Term Care • Special Topics in Nutrition & Ethics: Feeding & Ethical Issues at the End of Life • Appendix 1: Centers for Disease Control and Prevention Growth Charts • Appendix 2: Dietary Reference Intakes (DRIs) • Appendix 3: Body Mass Index for Adults • Appendix 4: Review for the Registered Examination for Dietitian

**ISBN: 9781284036671 • PB • 560pp • 2015 • \$78.00**



### Nutrition Across Life Stages

Melissa Bernstein & Kimberley McMahon

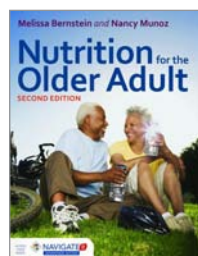
*Nutrition Across Life Stages* clearly and comprehensively presents the impact of nutrition on people across the life cycle, moving through each life stage by first highlighting normal nutritional needs before delving into the implications of nutrition for health and disease at that particular stage in life.

*Nutrition Across Life Stages* emphasizes application, with a robust range of pedagogical features that not only assist in clarifying difficult concepts but also illustrate how these considerations factor into dietetics and nutrition practice. With references incorporating the latest nutritional research, the authors ably guide the reader through the content, with defined learning outcomes, preview and recap statements for each section

accompanied by learning check questions, and an end-of-chapter Learning Portfolio that provides students with comprehensive study materials.

**Contents:** Nutrition Overview • Nutrition During Preconception • Nutrition Needs During Pregnancy • Nutrition Needs During Lactation • Nutrition for Health and Disease in Pregnancy and Lactation • Infant Nutrition • Preschool and Early Childhood Nutrition • Nutrition for Health and Disease in Infant and Early Childhood • Preadolescent Nutrition • Adolescent Nutrition • Nutrition for Health and Disease in Childhood and Adolescence • Adult Nutrition • Nutrition for Health and Disease in Adults • Older Adult Nutrition • Geriatric Nutrition • Nutrition for Health and Disease in Older Adults and Geriatrics

**ISBN: 9781284102161 • PB • 608pp • 2018 • \$85.00**



### Nutrition for the Older Adult, 2/e

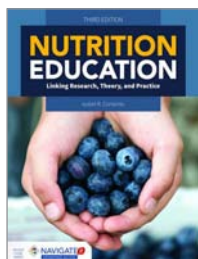
Melissa Bernstein & Nancy Munoz

Reorganized and updated *Second Edition* of *Nutrition for the Older Adult* introduces students to the unique nutritional needs of this special population. Designed for the undergraduate, the text covers such important topics as the physiological changes of aging, weight and nutrition problems in older adults, diet and cultural diversity in older adults, macronutrient, mineral, and vitamin requirements for older adults, and much more. With an added emphasis on health promotion, *Nutrition for the Older Adult* is an essential resource for students in the fields of nutrition, nursing, public health and gerontology.

**Features & Benefits:** Full-color design and art program! • Updated content reflects Healthy People 2020, MyPlate for Older Americans, and 2010 Dietary Guidelines • Contains examples with actual patients and nutritional disorders that are seen in the community and clinical settings • Discusses changes that commonly occur naturally with aging, so that it is understood that disease is not a natural consequence of growing old

**Contents:** Part I: Nutrition Basics • Introduction and the Demographics of Aging • Physiologic Changes with Aging • Macronutrient and Fluid Recommendations and Alcohol in Older Adults • Vitamin Status and Requirements of the Older Adult • Mineral Requirements of the Older Adult • Health Promotion and Disease Prevention in the Older Adult • Part II: Clinical Considerations • Nutritional Assessment for the Older Adult • Disease and Conditions in the Older Adult: Nutritional Implications—Gastrointestinal Disorders, Cardiovascular & Respiratory Disease, Renal and Genitourinary Disease, Endocrine & Metabolic Alterations, Cognitive Disorders, Oral Health, Wound Healing, Skeletal Health, Malnutrition and Obesity • Pharmacology, Nutrition, and the Older Adult: Interactions & Implications • Nutrition Support for the Older Adult

**ISBN: 9781284048933 • PB • 458pp • 2016 • \$80.00**



### Nutrition Education, 3/e

*Linking Research, Theory, and Practice*

Isobel R. Contento

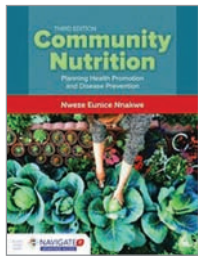
This book provides a simple, straight forward model for designing effective nutrition education programs that address the personal and environmental influences affecting individuals' food choices and assists them in adopting healthy behaviors throughout their lifetime. This text is divided into three parts: Part I describes the key elements of success for nutrition education, as well as the major theories that can be used in nutrition education interventions. Part II features the 6-step process for designing nutrition education, translating theory into concrete objectives and strategies that can be practically implemented. It includes worksheets and

case studies to provide a clear illustration of each step. Part III describes the nuts and bolts of implementing nutrition education, including information on leading groups, working with diverse populations, making presentations, and using media effectively.

**Key Features:** Improved readability ensures that students grasp key content presented throughout the text • Updated Nutrition Education in Action boxes highlight recent nutrition education initiatives and identify best practices and the latest research • Clear, easy-to-employ Worksheets allow students and nutrition educators to develop their own programs using the DESIGN process • Case examples throughout the text illustrate the use of theory in practice • End-of-chapter Questions and Activities reinforce key concepts

**Contents:** Part I: Linking Research, Theory, and Practice: The Foundations • Part II: Using Research and Theory in Practice: A Stepwise Procedure for Designing Theory-Based Nutrition Education • Part III: Using Research and Theory in Practice: A Stepwise Procedure For Designing Theory-Based Nutrition Education

**ISBN: 9781284078008 • PB • 638pp • 2016 • \$80.00**



### Community Nutrition, 3/e

*Planning Health Promotion and Disease Prevention*  
Nweze Eunice Nnakwe

The *Third Edition* of *Community Nutrition: Planning Health Promotion and Disease Prevention* provides students and professionals with the knowledge, skills, tools, and evidence-based approaches they need to effectively promote health and prevent disease.

Reflecting the latest direction in public health and community nutrition, it considers the comprehensive approach taken by practitioners providing community-based services that emphasize primary, secondary, and tertiary prevention.

Divided into three parts, *Community Nutrition* provides an overview of the public health nutrition landscape, addresses nutrition interventions for vulnerable populations, and explores how to deliver successful nutrition services. Given its extensive coverage and inclusion of engaging pedagogical features, this text is an essential resource for community nutrition courses and a useful reference tool.

#### Features & Benefits:

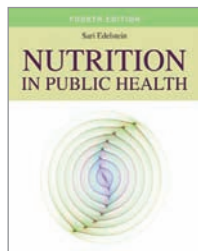
- Reflects the latest research, guidelines, and policy developments in community and public health nutrition
- Features Successful Community Strategies boxes that discuss recent effective intervention programs and provide examples of research-based best practices
- Includes Case Studies that provide students with the opportunity to apply what they have learned in each chapter
- Incorporates Think About It questions that emphasize active learning

**Contents:** Part 1: Overview of the Public Health Nutrition Landscape • Community Nutrition and Public Health • Nutrition Screening and Assessment • Nutritional Epidemiology and Research Methods • U.S. Nutrition Monitoring and Food Assistance Programs • Cultural Influences and Public Health Nutrition • Public Policy and Nutrition • Public Health Nutrition: An International Perspective

Part 2: Nutrition Interventions for Vulnerable Populations • Nutrition During Pregnancy and Infancy • Nutrition in Childhood and Adolescence • Adulthood: Special Health Issues • Promoting Health and Preventing Disease in Older Persons

Part 3: Delivering Successful Nutrition Services • Principles of Planning Effective Community Nutrition Programs • Theories and Models for Health Promotion and Changing Nutrition Behavior • Acquiring Grantsmanship Skills • Ethics and Nutrition Practice • Principles of Nutrition Education • Marketing Nutrition Programs and the Role of Food Industry in Food Choice • Private and Government Healthcare Systems

**ISBN: 9781284108323 • PB • 582pp • 2018 • \$80.00**



### Nutrition in Public Health, 4/e

Sari Edelstein

Thoroughly revised and updated, *Nutrition in Public Health* explores the complex, multifaceted array of programs and services that exist in the United States today that are dedicated to bettering population health through improved nutrition.

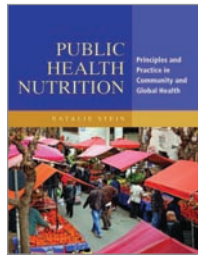
The *Fourth Edition* explores the subject by first considering how nutrition fits into public health and then by examining policymaking, assessment and intervention methods, special populations, food security, and program management.

#### Features & Benefits:

- Includes a new chapter on Grantwriting
- New Case Studies, added to each chapter, help reinforce key concepts and apply them to real-world scenarios
- An updated chapter flow better aligns to course offerings
- *Learning Objectives* establish the chapter's desired outcomes to the reader
- *Issues for Discussion* questions allow readers to apply what has been learned in each chapter and assess their understanding of the content

**Contents:** Applying Nutrition Science to the Public's Health • Nutritional Epidemiology: An Introduction • Creating Public Policy and Advocating for Nutrition Policies • Role of the Federal Agencies in Public Health Nutrition • Community Needs Assessment • Planning and Evaluating Nutrition Services for the Community • Serving Those at Highest Nutritional Risk • Intervening to Change the Public's Eating Behavior • Growing a Healthier Nation: Maternal, Infant, Child, and Adolescent Nutrition with an Emphasis on Childhood Overweight • Importance of Public Health Nutrition Programs in Preventing Disease and Promoting Adult Health • Promoting Older Adult Nutrition • Providing Nutrition Services in Public Health Primary Care • Food Security and Adequate Food Access for the Public • Safeguarding the Food Supply and Securing the Food Supply • Grant Writing in Public Health Nutrition • Staffing, Managing, and Leading Public Health Nutrition Personnel • Leveraging Nutrition Education through the Public Health Team • Networking for Nutrition and Earning Administrative Support • Marketing Nutrition Programs and Services • Striving for Excellence and Envisioning the Future • Appendix A: Helpful Nutrition Web Sites • Appendix B: State Health Department Web Sites • Appendix C: Comprehensive Case Studies • Appendix D: List of Abbreviations

**ISBN: 9781284104691 • PB • 488pp • 2018 • \$75.00**



### Public Health Nutrition

*Principles and Practice in Community and Global Health*

Natalie Stein

This book is a comprehensive introduction to Public Health Nutrition, and has a unique balance, focusing on the health of communities and nations, and presenting the most significant public health nutrition problems and solutions worldwide. It presents key concepts in public health nutrition and presents case studies from the United States and world, and from across all life stages, to illustrate these concepts.

**Features & Benefits:** A global focus ties in topics from around the world with examples from the U.S., industrialized and developing nations in the Americas, Europe, Africa, Asia, and Australia • Addresses the increased rates of obesity and chronic disease from a global and community health perspective • Each chapter opens with a case study presenting a public health nutrition problem and approach • Provides in-depth examples, such as the school lunch programs in India and Japan, development of community-based health systems in Thailand, and breastfeeding promotion initiatives in Ghana • Instructor resources include PowerPoint Lecture Slides, Test Bank, and Instructor Manual

**Contents:** Part I: Introduction to Public Health Nutrition • Overview of Public Health Nutrition • Nutritional Epidemiology: Introduction and Applications in Cardiovascular Disease • Theories of Behavior Change and Their Application to Public Health Nutrition • The Food Environment and Prepared Foods

Part II: Global and Community Aspects of Undernutrition • Food Insecurity and Hunger in Developing Nations • Formative Research Approaches to Undernutrition • The Role of National Community-Based Programs in Improving Nutritional Status in Thailand

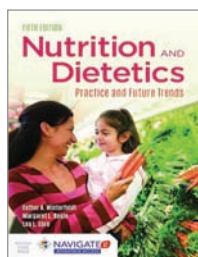
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### Nutrition and Dietetics, 5/e

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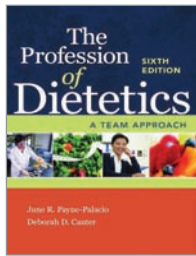
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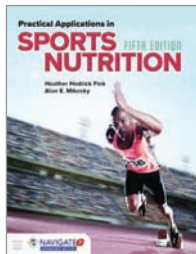
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