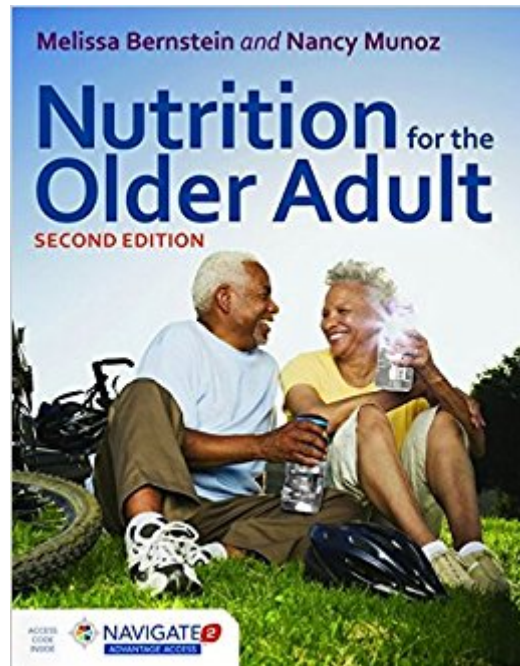




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# Nutrition For The Older Adult



## Synopsis

Reorganized and updated with the latest data in the field, the 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. - New 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 - Presents the diseases that occur often in older adults and includes nutritional elements that may contribute to the problems or are part of the solution to the problems

## Book Information

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## Customer Reviews

I got this booked used from the seller and it came in excellent condition. Great book for elderly or to help parents get the nutrition. Good index at the back of the book to help skip to chapters that I needed.

New copies come with the online access code. It was helpful because it has additional quizzes and powerpoints. Needed it for class.

This has wonderful information. It was required for a class, but I'd suggest for any personal looking to understand nutrition.

Great for anyone needing to know recent information on nutritional caregiving for older adults.

Great

Should have bought it instead of just renting!

It was great

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Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Memes: Rare Adult Memes 2017 -(Adult Memes, Jokes For Adults, Funny Adult Jokes, Adult Joke Book, Sexy Meme, Free Meme, Adult Pictures) Nutrition For The Older Adult IÃ¢ââm a Girl, Hormones! (For Ages 10 and Older): Anatomy For Kids Book Explains To Older Girls How Hormones Are Changing Their Body (I'm a Girl) Nursing for Wellness in Older Adults (Miller, Nursing for Wellness in Older Adults) Quick Reference to Adult and Older Adult Forensics: A Guide for Nurses and Other Health Care Professionals Antique Hunting: Adult Coloring Books for Men in all Departments; Adult Coloring Books in Books; Adult Coloriing Books Travel in all D; Adult Coloring ... for Men in all D; Coloring Books Travel in al 3-Word Stories Coloring Book (Three Word Story Adult Coloring Book): The Adult Coloring Book of Colorist-Created 3-Word Stories (Adult Coloring, ... Adult Coloring Book Series) (Volume 1) Psalms Coloring Book : Jesus Take The Wheel : A Bible Inspired Adult Coloring Book: Over 30 Bible Coloring Journal Pages Suitable For Older Kids Too (Bible Coloring Books) (Volume 1) The Older Adult Psychotherapy Treatment Planner Loving Hard-To-Love Parents: A Handbook for Adult Children of Difficult Older Parents Wolf Coloring Book for Adults: Complex Designs For Relaxation and Stress Relief; Detailed Adult Coloring Book With Zendoodle Wolves; Great For Men, Women, Teens, & Older Kids The Older Adult Psychotherapy Treatment Planner, with DSM-5 Updates, 2nd Edition (PracticePlanners) Adult Coloring Book For Men: A Manly Mans Adult Coloring Book: Cyborg Women, Military Machines,

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