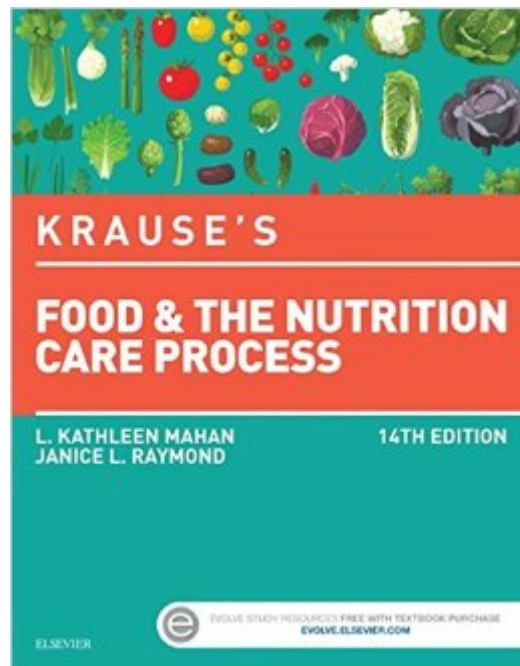


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# Krause's Food & The Nutrition Care Process (Krause's Food & Nutrition Therapy)



## Synopsis

A trusted classic for over 50 years, Krause's Food and the Nutrition Care Process, 14th Edition presents the most cutting-edge and up-to-date dietetics content available in this ever-changing field. Nicknamed the "nutrition bible", students and practitioners alike turn to its current, comprehensive content, engaging pedagogy and design, and logical presentation of information. This new edition includes the 2015 Dietary Guidelines for Americans, more visuals, and highlighted Clinical Case Studies, Clinical Insights, and Clinical Applications boxes that help translate scientific knowledge into practical patient care. Written by nearly 50 nationally recognized writers, researchers, and practitioners, it covers nutrition assessment and intervention, the nutritional needs of individuals in different stages of the life cycle, nutrition for health and fitness, and medical nutrition therapy. Authored by clinical specialists, ensuring in-depth coverage with many practical and evidence-based recommendations. Sample Nutrition Diagnosis boxes present a problem, its etiology, and its signs and symptoms before concluding with a sample nutrition diagnosis, providing both students and practitioners with real-life scenarios they may encounter in practice. UNIQUE! Pathophysiology algorithms present the cause, pathophysiology, and medical nutrition management for a variety of disorders and conditions to help you provide optimal nutritional care. Chapters on nutrition in each of the life cycle phases, include: Nutrition in Pregnancy and Lactation Nutrition in Infancy Nutrition in Childhood Nutrition in Adolescence Nutrition in the Adult Years Nutrition in Aging Focus On boxes provide thought-provoking information on key concepts for well-rounded study and further discussion within the classroom.

## Book Information

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## Customer Reviews

I am a Masters' level clinical nutritionist and registered dietitian and I had to add a compliment and comment about the functional nutrition information provided in this text. Any clinician who has received relevant clinical and scientific continuing education will understand that the liver and kidneys CANNOT DETOXIFY the myriad of pesticides, toxins, and even hormones without a diet rich in micronutrients, antioxidants, amino acids, and phytonutrients. And although the liver and kidneys are the major sites of detoxification/biotransformation, the intestine and basically all cells have the capacity to detoxify and all RELY HEAVILY on the nutrients listed as well as adequate generation of energy. Any nutritionists or clinicians who are not aware of the intricacies of cellular detoxification or the role that nutrients play in controlling inflammation, blood pressure, blood sugar, etc. then I highly recommend this textbook along with additional sources of functional medicine and functional nutrition including resources from Dr. Mark Hyman, MD and other MDs who have done a superb job of researching and reciting the literature on the subject.

As a physician, researcher, and educator I have found that thousands of complex and chronically ill patients recover by applying the evidence based medicine found in the thousands of nutrition studies reviewed in this excellent textbook. This is a superb study guide and reference source for both beginners and experts in nutritional science.

Great book for the Dietitian still in school or on the job.

I previewed the 13th edition in kindle format and really enjoyed the sections I read. I chose to buy the 14th edition because it has the newest 2015 guidelines. However, I am so disappointed the more I read the book. There is so much woo, pseudoscience, and quackery to be found. They moved around and changed the sections a whole lot and even eliminated a lot of crucial chapters to

appendices so that the text could be filled with 'integrative and functional nutrition/foods/medicine whatever' and has way too many references from quacks like Dr. Hyman about how to change your diet to 'detoxify' your body. THAT IS WHAT YOUR LIVER AND KIDNEYS DO. I thought this book was supposed to be the gold standard for nutrition and dietetics. I wish I could get my money back, but did not buy through . Really, I don't know exactly when this country decided to abandon science and reason but it is so frustrating as a care provider and researcher to pay lots of \$\$\$ for what is supposed to be a quality resource but turns out to be mostly crap.

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