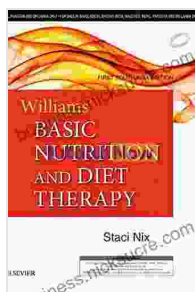


Williams Basic Nutrition and Diet Therapy: A Comprehensive Overview

Williams Basic Nutrition and Diet Therapy is a trusted resource for students and professionals in the field of nutrition. This comprehensive textbook provides a thorough foundation in the principles of nutrition and dietetics, covering topics such as nutrient metabolism, meal planning, and the role of nutrition in disease prevention and management.



Williams' Basic Nutrition and Diet Therapy - E-Book

by Rachel Cathan

★★★★☆ 4.3 out of 5

Language : English

File size : 216281 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Print length : 559 pages



Content

The book is divided into three parts:

1. **Fundamentals of Nutrition:** This section covers the basics of nutrition, including nutrient metabolism, digestion, and absorption. It also discusses the role of nutrition in maintaining health and preventing chronic diseases.

2. **Meal Planning and Food Selection:** This section provides guidance on how to create healthy and balanced meals. It covers topics such as food groups, portion sizes, and meal patterns. It also includes a variety of recipes and meal plans.
3. **Nutrition Therapy:** This section discusses the role of nutrition in the prevention and management of chronic diseases, such as heart disease, diabetes, and cancer. It also provides guidance on how to develop and implement nutrition therapy plans.

Features

Williams Basic Nutrition and Diet Therapy is a well-written and comprehensive textbook that is packed with features, including:

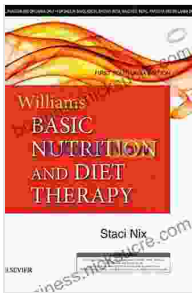
- **Full-color illustrations:** The book is filled with full-color illustrations that help to clarify complex concepts.
- **Tables and charts:** The book also contains a number of tables and charts that summarize important information.
- **Learning objectives:** Each chapter begins with a list of learning objectives that help students to focus their studies.
- **Review questions:** Each chapter also ends with a set of review questions that help students to assess their understanding of the material.

Target Audience

Williams Basic Nutrition and Diet Therapy is a valuable resource for students and professionals in the field of nutrition. It is also a good choice

for anyone who is interested in learning more about nutrition and its role in health and disease.

Williams Basic Nutrition and Diet Therapy is a comprehensive and well-written textbook that provides a thorough foundation in the principles of nutrition and dietetics. It is a valuable resource for students, professionals, and anyone who is interested in learning more about nutrition.

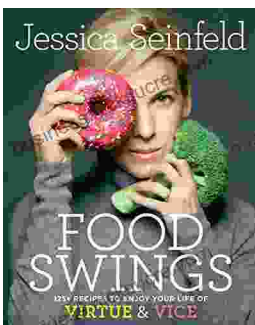


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