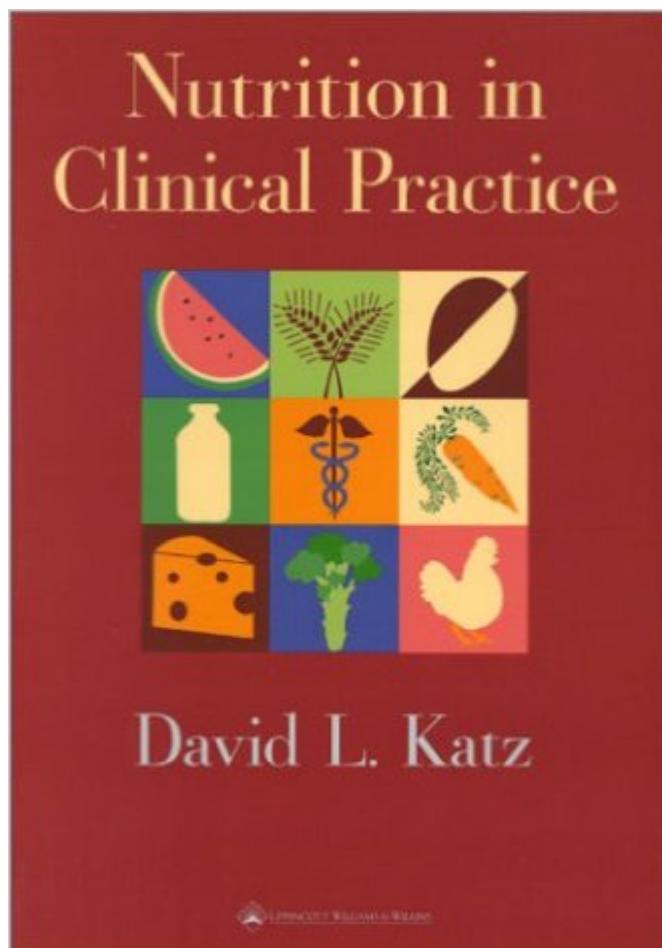


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Nutrition In Clinical Practice: A Comprehensive, Evidence-Based Manual For The Practitioner



Synopsis

Recommended in the Brandon/Hill selected list of print books and journals for the small medical library - April 2003 The United States Preventive Services Task Force recommends that physicians counsel their patients about healthy diets. In compliance with this recommendation, Dr. David L. Katz has written *Nutrition in Clinical Practice* to fill the void of nutritional information in primary-care literature. A concise reference, geared to the practicing clinician, ready for quick consultation, the text is designed for those who do not specialize in nutrition. It offers a quick guide to dietary counseling and information on nutrition's role in battling certain diseases

Book Information

Paperback: 416 pages

Publisher: Lippincott Williams & Wilkins (October 2000)

Language: English

ISBN-10: 0683306383

ISBN-13: 978-0683306385

Product Dimensions: 10 x 7.1 x 0.9 inches

Shipping Weight: 12.6 ounces

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (7 customer reviews)

Best Sellers Rank: #1,951,076 in Books (See Top 100 in Books) #77 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Chemotherapy #738 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Nutrition #1357 in Books > Medical Books > Research

Customer Reviews

A very thorough and thoughtful discussion of nutrition that is ideally suited to the needs of the primary care provider. The CLINICAL HIGHLIGHTS feature at the end of each chapter is especially useful, but the final section, PRINCIPLES OF DIETARY COUNSELING, is worth getting the book for all by itself. Knowing about healthful nutrition is the easy part - getting our patients to adopt healthful eating habits is what's difficult. This approach to the problem of behavioral change is the best I have seen.

Dr. Katz has done both the medical community and patients a great service by writing *Nutrition in Clinical Practice*. This book offers the layperson a surprisingly readable, painstakingly detailed overview of the role nutrition plays in health and disease. Anyone interested in knowing why good

diet is so important should read this book. For the physician or nutritionist, this book is an essential tool for incorporating the latest research into your nutritional interventions. For students, Dr. Katz's work will be a highlight of their curriculum.

Based on 15 years of clinical practice in Internal and Preventive Medicine, this text is specifically designed for the practicing clinician, yet is accessible to the educated lay reader. It is comprehensive, with topics ranging from obesity and cardiovascular disease, to aging, cognition, early development, and the menstrual cycle. Comprehensive, extensively referenced and carefully evidence-based, the book is concise and practical. This book should be of interest to any clinician wishing to address diet and health effectively in the course of clinical practice, as well as to any patient wanting authoritative information on nutritional health.

Great book. Just what I wanted. I'm reading it chapter by chapter and find that that is just terrific. I find that I don't need a dictionary very much and I can understand the information easily. Really good. Just the level of information that's what I wanted.

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