



Foundations and Clinical Applications of Nutrition: A Nursing Approach

Michele Grodner EdD CHES, Sara Long Roth PhD RD LD, Bonnie C. Walkingshaw MS RN

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Foundations and Clinical Applications of Nutrition: A Nursing Approach emphasizes the role of nutrition in health promotion, primary prevention, and clinical disease states, with an in-depth analysis of the USDA's Dietary Guidelines for Americans 2005 and MyPyramid Food Guidance System. The dynamic author team utilizes a conversational writing style and a variety of learning features to apply information to the clinical setting.

- The Nursing Approach case studies in each chapter reinforce the nursing process as it relates to the content area.
- Applying Content Knowledge and Critical Thinking/Clinical Applications case studies reinforce and apply nutrition principles to real-world situations.
- Cultural Considerations boxes discuss various eating patterns related to ethnicity and religion to provide a global approach to nutrition.
- Health Debate and Social Issue boxes introduce timely topics and help separate popular media claims from academic research.
- Teaching Tool boxes provide tips and guidance to apply when educating patients.
- An emphasis on health promotion and primary prevention stresses the adoption of a healthy diet and lifestyle to enhance quality of life.
- MyPyramid boxes in the nutrient chapters spotlight key information from the individualized federal food pyramid.
- Significant changes prompted by the USDA Dietary Guidelines for Americans 2005 and MyPyramid Food Guidance System are addressed.
- Foundations content includes the latest regarding food labeling, obesity and childhood obesity, diabetes, gastroesophageal reflux disease (GERD), dietary supplements, trend diets, and gastric bypass surgery.
- Personal Perspective boxes share the ways nutrition affects daily life for people in various life stages and professions to build student empathy and understanding.
- Nutritrac Version IV nutrition analysis and weight management CD-ROM features a database of more than 3,700 foods organized into 18 categories, as well as 175 activities, to plan diet and exercise regimens.

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