



# Nutrition & Diet Therapy

*Ruth A. Roth*

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**Nutrition & Diet Therapy** Ruth A. Roth

NUTRITION & DIET THERAPY 11E is an updated introduction to the essentials of nutrition concepts, good health and client care that will provide you with a solid foundation in nutrition. This book addresses misconceptions presented in the media about the link between good nutrition and good health and will enable you to more effectively help your clients improve their nutrition and overall health. NUTRITION & DIET THERAPY 11E is organized around three simple concepts. Section One covers the fundamentals of nutrition, Section Two explains how to maintain good health through nutrition and Section Three addresses the nutrition therapy concepts nurses need to know.

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