This fully updated 3rd edition is edited by a leading authority in nutrition and preventive medicine. Practical and evidence-based, chapters address the effects of diet on health and a comprehensive array of illnesses, making it a vital and timely addition to any caregiver's library.

Features:
- NEW data from hundreds of recent studies
- NEW section: Contemporary Topics in Nutrition
- Easy-reference format includes short chapters, links to current online articles
- Contributors representing diverse expertise and practical experience with medical education, nutrition in clinical practice, and preventive medicine
- Enhanced coverage of controversial topics, such as, the effects of sugar; health effects of obesity and the ‘obesity paradox’; health effects of gluten and grains; nutritional therapy
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Publication Year 2014
Edition 3rd Ed.
Author/Editor Katz, David L.; Friedman, Rachel S.C.; Lucan, Sean C.
Publisher Lippincott Williams & Wilkins (LWW)
Platform OvidMD, Ovid
Product Type Book
Speciality Advanced Practice
Internal Medicine
Nurse Practitioner
Nutrition & Dietetics
Physician Assistant
Primary Care/Family Medicine/General Practice
Language English
Pages 760
Illustrations 0
Included In Hospital Medical Reference Essentials 2019 DS
Lippincott Williams & Wilkins Doody's Core Book Collection 2018
Lippincott Williams & Wilkins Doody's Essential Book Collection 2018
Lippincott Williams & Wilkins Nursing Books Bridge Collection 2016
OvidMD Advantage Extended DS
OvidMD Advantage Premium DS 2019