"The Clinical Dietitian's Essential Pocket Guide" is an up-to-date, concise pocket-sized reference that clinical dietitians can tailor to their own practice.

Part I of the guide covers nutritional assessment, life stage assessment, and nutrition support. Part II addresses nutrition considerations for specific diseases—cancer, cardiovascular disease, diabetes, gastrointestinal diseases, liver and pancreatic diseases, renal diseases, and pulmonary diseases. Appendices on food-drug interactions, laboratory assessment, and useful reference materials are also included.