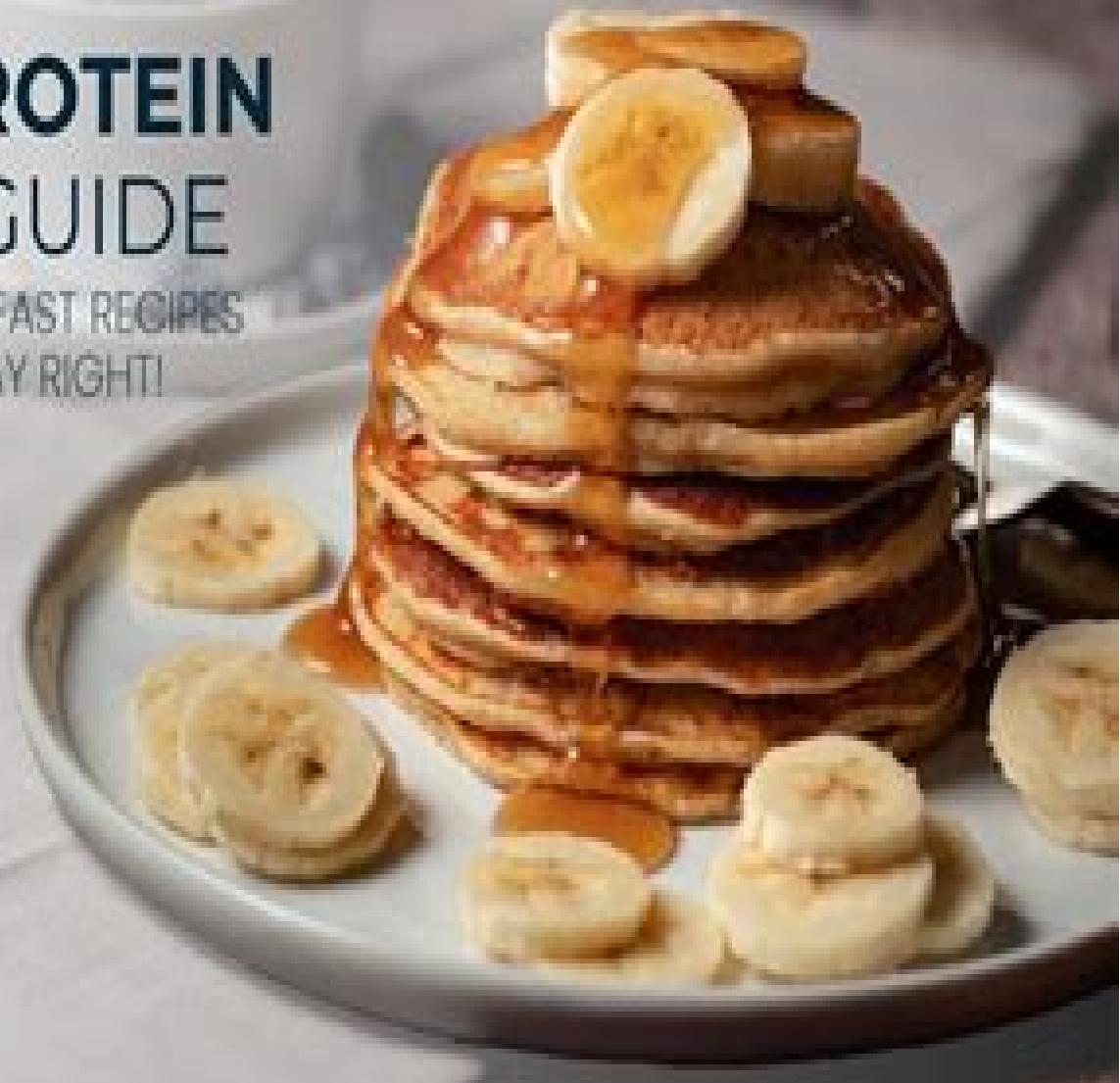


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Catalog. Supplement - Food and Nutrition Information and Educational Materials Center Food and Nutrition Information and Educational Materials Center (U.S.),1976

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Journal of the American Medical Association, 1908 **The Annual Ann Arbor Guide**, 2000 **Youth's Companion**, 1878 **Indian Science Abstracts**, 1986-10 **Understanding Normal and Clinical Nutrition** Eleanor Noss Whitney, Corinne Balog Cataldo, Sharon Rady Rolfes, 1994

Presents the core information of an introductory nutrition course. Introduces the nutrients and their importance to the human body continuing with a brief discussion of recommendations assessment and guidelines. Discusses food choices and illustrates how to use diet planning principles to create diets that support good health. Discusses digestion and absorption as the body transforms foods into nutrients. Describes carbohydrates, fats and proteins their chemistry, health effects, roles in the body and places in the diet and shows how the body derives energy from these three nutrients. Looks at energy balance, the factors associated with overweight and underweight and the benefits and dangers of weight loss and weight gain. Describes the vitamins, the minerals and water their roles in the body, their deficiency and toxicity symptoms and their sources. Discusses how the partnership of physical activity and nutrition enhances health and shows how the nutrients work together to support fitness. Addresses consumer concerns about the safety of the food supply. Describes how health care professionals assess nutrition status and shows how they use that assessment information to develop, implement and evaluate nutrition care plans. Presents the special nutrient needs of people through the life span: pregnancy, infancy, childhood, adolescence and adulthood. Shows how illness impairs nutrition status and how attention to nutrition can help prevent illness or speed recovery. Describes the impact of severe stresses on nutrition status. Describes ways of feeding clients who cannot eat conventional foods and examines the specific dietary care required for clients with particular medical conditions.

Health, 1987 **India, a Guide for the Quality-conscious Traveller** Louise Nicholson, 1985 **International Business Travel and Relocation Directory**, 1984

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