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This chapter explores components of healthy diet plans – those that will minimize risks of developing nutrition-related diseases. Five aspects of a healthful diet (balance, variety, moderation, nutrient density, and energy density) are discussed. An overview of nutritional status and its assessment is provided.

CHAPTER 2 GUIDELINES FOR DESIGNING A HEALTHY DIET

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Contemporary Nutrition is a complete and balanced resource for nutrition information written at a level non-science majors can understand. Completely revised and up-to-date with MyPlate, Healthy People 2020 and Dietary Guidelines for Americans, 2010, it provides the ideal balance of reliable nutrition information and

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practical consumer-oriented knowledge. With a friendly writing style, the authors act as the student's personal guide to dispelling common misconceptions and to gaining a solid foundation for making informed nutrition choices. Contemporary Nutrition emphasizes that a population consists of individuals with varying genetic and cultural backgrounds, and these individuals will have varying responses to diet. The knowledge gained from this text will allow students to personalize nutrition information and empower them to make better choices in their daily lives. Users who purchase Connect Plus receive access to the full online ebook version of the textbook.

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HEALTH, SAFETY, AND NUTRITION FOR THE YOUNG CHILD, 9th Edition, covers contemporary health, safety, and nutrition needs of infant through school-age children--and guides

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teachers in implementing effective classroom practices--in one comprehensive, full-color volume. Concepts are backed by the latest research findings and linked to NAEYC standards. The book emphasizes the importance of respecting and partnering with families to help children establish healthy lifestyles and achieve their learning potential. Early childhood educators, professionals, and families will find the latest research and information on many topics of significant concern, including food safety, emergency and disaster preparedness, childhood obesity, children's mental health, bullying, resilience, chronic and acute health conditions, environmental quality, and children with special medical needs. Also provided are easy-to-access checklists, guidelines, and activities that no early childhood student or professional should be without. Important Notice: Media content referenced within the

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UNDERSTANDING NORMAL AND CLINICAL NUTRITION, 11e, explores the latest approaches to nutrition and nutritional therapy, along with their practical applications. Starting with normal nutrition, chapters introduce nutrients and their physiological impacts, as well as recommended guidelines for good health and preventing disease. Later chapters explore clinical nutrition, including pathophysiology and dietary changes for treating a variety of medical conditions. Known for its easily digestible narrative, UNDERSTANDING NORMAL AND CLINICAL NUTRITION, 11e, also presents features that help you use nutrition concepts from the chapters to improve your own health or prepare for a clinical

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This comprehensive text provides the most current and accurate health promotion and disease prevention information available. The book addresses health promotion for all ages and all population groups - individuals, families, and communities. It includes extensive coverage of growth and development throughout the life span, with an emphasis on normal development as well as the specific problems and health promotion issues common to each

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stage. A complete unit is devoted to health promotion interventions. It also offers a unique assessment framework based on Gordon's Functional Health Patterns to provide consistency in presentation and an approach in line with the promotion of health. Extensive coverage of growth and development throughout all stages of the life span. A unit on specific interventions for health promotion. Addresses health promotion for all population groups - individual, family, and the community. Incorporates Case Studies that depict actual clinical situations to give students a "real-life" perspective. Innovative Practice examples highlight unique and creative health promotion programs. Summarizes specific clinical interventions in Health Teaching boxes to provide students with "how-to" nursing actions. Think About It clinical scenarios provide critical thinking questions to help readers grasp important concepts. Multicultural

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Awareness boxes present cultural perspectives important to care planning. Introduces significant issues, trends, and controversies in health promotion through Hot Topics boxes to engage students in critical discussion and debate about these topics. Research Highlights emphasize current research efforts and research opportunities in health promotion. A new Study Questions section (with answers and rationales) helps you review and assess your understanding of chapter content. Care Plans are presented in a consistent format: Nursing Diagnosis, Defining Characteristics, Related Factors, Expected Outcomes, and Interventions. Healthy People 2010 boxes highlight current national health promotion priorities. A new full-color design helps to highlight important features and content. A new companion Evolve website offers case studies with questions and answers, WebLinks, content updates, and

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a Glossary with search capability to enhance your learning experience.

This widely acclaimed book is a complete, authoritative reference on nutrition and its role in contemporary medicine, dietetics, nursing, public health, and public policy. Distinguished international experts provide in-depth information on historical landmarks in nutrition, specific dietary components, nutrition in integrated biologic systems, nutritional assessment through the life cycle, nutrition in various clinical disorders, and public health and policy issues. Modern Nutrition in Health and Disease, Eleventh Edition, offers coverage of nutrition's role in disease prevention, international nutrition issues, public health concerns, the role of obesity in a variety of chronic illnesses, genetics as it applies to

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nutrition, and areas of major scientific progress relating nutrition to disease.

Now in its tenth edition, Contemporary Strategy Analysis continues its tradition of accessibility, practicality, and real-world relevance to graduate and undergraduate students around the world. Focusing on strategic analysis, value creation, and implementation, this book provides a rigorous grounding in essential principles while offering up-to-date perspectives based on practices used at leading companies across industries and borders. Comprehensive coverage merges theory and application through new and updated cases, and the discussion surrounding business policy, business strategy, and the business environment links concept to context for a holistic understanding of the mechanisms at work. To keep pace with the

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field's constant evolution, this new edition has been revised to reflect the current business landscape with expanded coverage of critical topics including disruption, innovation, technology, and other factors impacting strategic planning and implementation. Global perspectives throughout highlight the dynamic nature of strategic management in the face of borderless business, equipping students with the well-rounded knowledge base the future of business demands.

HEALTH, SAFETY, AND NUTRITION FOR THE YOUNG CHILD, 9th Edition, covers contemporary health, safety, and nutrition needs of infant through school-age children--and guides teachers in implementing effective classroom practices--in one comprehensive, full-color volume. Concepts are backed by the

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latest research findings and linked to NAEYC standards. The book emphasizes the importance of respecting and partnering with families to help children establish healthy lifestyles and achieve their learning potential. Early childhood educators, professionals, and families will find the latest research and information on many topics of significant concern, including food safety, emergency and disaster preparedness, childhood obesity, children's mental health, bullying, resilience, chronic and acute health conditions, environmental quality, and children with special medical needs. Also provided are easy-to-access checklists, guidelines, and activities that no early childhood student or professional should be without. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

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In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that

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can shape health in powerful ways. Communities in Action: Pathways to Health Equity seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

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