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Nutrition and Diet

Therapy Chapter 1

Nutrition for Nursing:

Macronutrients -

Carbohydrates, Protein,

Fats/Lipids

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Nutrition therapy

Nutrition therapy: The
most effective therapy
we (almost) never use

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CORE SET IV 6 Low-

Calorie Step I Diet

Nutrient Recommended

Intake Calories 500 to

1,000 kcal/day reduction

Total Fat 30 percent or

less of total calories

SFA 8 to 10 percent of

total calories MUFA Up

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to 15 percent of total
calories PUFA Up to 10
percent of total calories
Cholesterol <300
mg/day

Dietary Therapy (1 of 5)
- Home | NHLBI, NIH
Diet therapy is a broad
term for the practical
application of nutrition
as a preventative or
corrective treatment of
disease. This usually

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involves the
modification of an
existing dietary lifestyle
to promote optimum
health.

What is Diet Therapy?
(with pictures) -
wiseGEEK

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DIET THERAPY, 10th
Edition, provides a
foundation in core
nutrition concepts and

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Nutrition Approaches
Diet Therapy 6
Edition

clinical approaches in diet therapy today. Designed to accelerate understanding, chapters are organized by diets instead of organ systems or disease states, adding valuable context for all members of health care teams who may be responsible for client nutrition.

Nutrition and Diet

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The term "diet therapy" refers to the usage of food and nutrition in controlling symptoms and creating the best possible life for yourself through health and wellness. Some illnesses can be effectively managed by altering your diet, and diet

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therapy is sometimes used before surgery to ensure that surgery is absolutely necessary.

What Are the Basic Principles of Diet Therapy? | Healthfully
Nutritional Therapy is the application of nutrition science in the promotion of health, peak performance and individual care.

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Registered Nutritional Therapists use a wide range of tools to assess and identify potential nutritional imbalances and understand how these may contribute to an individual's symptoms and health concerns.

About Nutritional
Therapy | BANT
Nutrition Therapy and

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Pathophysiology And
Nutrition And
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by
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Kathryn P., Lacey,
Karen, Long Roth, 2nd
(second) Edition
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HUMAN NUTRITION

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2. Digestion,
Absorption, and
Metabolism 3.

Carbohydrates 4. Lipids

5. Proteins 6. Vitamins

7. Minerals 8. Energy

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COMMUNITY

NUTRITION & THE

LIFE CYCLE 9. The

Food Environment and

Food Habits 10. Family

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