



# **Nutritional Foundations and Clinical Applications - Elsevier E-Book on VitalSource (Retail Access Card): A Nursing Approach, 5e**

*Michele Grodner EdD CHES, Sara Long Roth PhD RD LD, Bonnie C. Walkingshaw MS RN*

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- **Emphasis on health promotion and primary prevention** stresses the adoption of a healthy diet and lifestyle to enhance quality of life.
- **Content Knowledge and Critical Thinking/Clinical Applications case studies** reinforce knowledge and help you apply nutrition principles to real-world situations.
- **Cultural Considerations boxes** discuss various eating patterns related to ethnicity and religion to help you understand the various influences on health and wellness.
- **Personal Perspective boxes** demonstrate the personal touch for which this book is known, and offer first-hand accounts of interactions with patients and their families.
- **Health Debate and Social Issue boxes** explore controversial health issues and encourage you to develop your own opinions.
- **Teaching tool boxes** provide tips and guidance to apply when educating patients.
- **Website listings** with a short narrative at the end of every chapter refer you to additional online resources.
- **Updated content to Dietary Guidelines for Americans 2010** keeps you current.
- **Additional questions added to case studies** in the Nursing Approach boxes help you focus on practical ways you can use nutrition in practice.
- **Study tools on Evolve** present virtual case studies and additional questions with instant feedback to your answers that reinforce your learning.
- **Online icons** throughout the text refer you to the **NEW Nutrition Concepts Online** course content.
- A **logical organization** to updated and streamlined content lets you find the information you need quickly.

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