



Understanding Normal and Clinical Nutrition

By Eleanor Noss Whitney, Corinne Balog Cataldo, Sharon Rady Rolfes

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The Sixth Edition offers enhanced coverage of such topics as diet planning, the energy nutrients, vitamins and minerals, digestion and metabolism, weight management, life cycle nutrition, assessment and the nutrition care process, medical nutrition therapy, and complementary therapy. Whitney, Cataldo, and Rolfes incorporate the latest research in genetics, phytochemicals, antioxidants, and the Dietary Reference Intakes and Dietary Guidelines. New "Healthy People 2010" material (integrated throughout) reflects the latest health goals for the next decade. Also included are current recommendations from the American Heart Association for the prevention of Coronary Heart Disease (CHD). Every chapter in this accessible, visually exciting book is designed to inform your students and involve them in nutrition. Students will find many features, activities, and unique Web resources to help them apply chapter concepts. For example, a new "Think Nutrition" feature reminds students to consider nutrition issues when encountering clients with varied clinical diagnoses . . . while case studies, clinical application exercises, and other features teach students how to apply their knowledge in the field.

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Editorial Review

About the Author

Ellie Whitney, PhD grew up in New York City and received her B.A. and Ph.D. degrees in English and biology at Radcliffe/Harvard University and Washington Universities, respectively. She has taught at both Florida State University and Florida A&M University, has written newspaper columns on environmental matters for the Tallahassee Democrat, and has authored almost a dozen college textbooks on nutrition, health, and related topics, many of which have been revised multiple times over the years. In addition to teaching and writing, she has spent the past three-plus decades exploring outdoor Florida and studying its ecology. Her latest book is *Priceless Florida: The Natural Ecosystems* (Pineapple Press, 2004).

Sharon Rady Rolfes is a registered dietitian nutritionist and a founding member of Nutrition and Health Associates, an information resource center that maintains a research database on more than 1,000 nutrition-related topics. She has taught at Florida State University and coauthored several other college textbooks, including *UNDERSTANDING NORMAL AND CLINICAL NUTRITION*, 10th EDITION. In addition to writing, she serves as a consultant for various educational projects, and volunteers on the board of Working Well, a community initiative dedicated to creating a healthy workforce. A member of the Academy of Nutrition and Dietetics, Ms. Rady Rolfes received her MS in nutrition and food science from Florida State University.

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