



# Nutrition Essentials for Nursing Practice

*Susan G. Dudek, Dudek*

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**Nutrition Essentials for Nursing Practice** Susan G. Dudek, Dudek

This thoroughly-updated, comprehensive nutrition text uses a nursing process format to facilitate the integration of nutrition into nursing care. It presents coverage of basic nutrition concepts, nutrition throughout the life cycle, normal and therapeutic clinical application, and controversial issues in nutrition. Drug Alerts discuss food and drug interactions and list appropriate interventions. Special diets and sample menus are displayed to show, at a glance, modified diets for particular problems. Focus is placed on client teaching, and sensitive guidance is offered for client needs. Numerous tables help to clarify difficult material. Included are invaluable appendices, such as daily nutritional requirements, ADA exchange lists, and nutritive food values

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