



Manual of Nutritional Therapeutics (Lippincott Manual Series)

By David H. Alpers, Beth E. Taylor D.C.N. R.D.N L.D C.N.S, Dennis M. Bier MD, Samuel Klein MD

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Coauthored by three physicians and a dietitian, this quick-reference manual provides **practical, state-of-the-art, evidence-based nutrition recommendations** for healthy adults, hospitalized patients, and people with a full range of health conditions. It's an ideal source to help you **meet the nutrition needs of every patient**.

- **Effectively counsel healthy patients** with nutrition recommendations for both **young and older adults**, and provide specific guidance for patients who are **pregnant or lactating**.
- **Find information on individual nutrients (e.g. vitamin D, iron)**, contained in a dedicated section covering **nutrient components**.
- **Get detailed guidance** with separate chapters on *Protein and Calories, Vitamins, Minerals, and Dietary Supplements*.
- Access advice **specific for metabolic disorders** (diabetes, dyslipidemia, and renal disease), for obesity, and for chronic wasting diseases (cancer, AIDS).
- Make informed decisions on **enteral and parenteral nutritional therapy**.

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