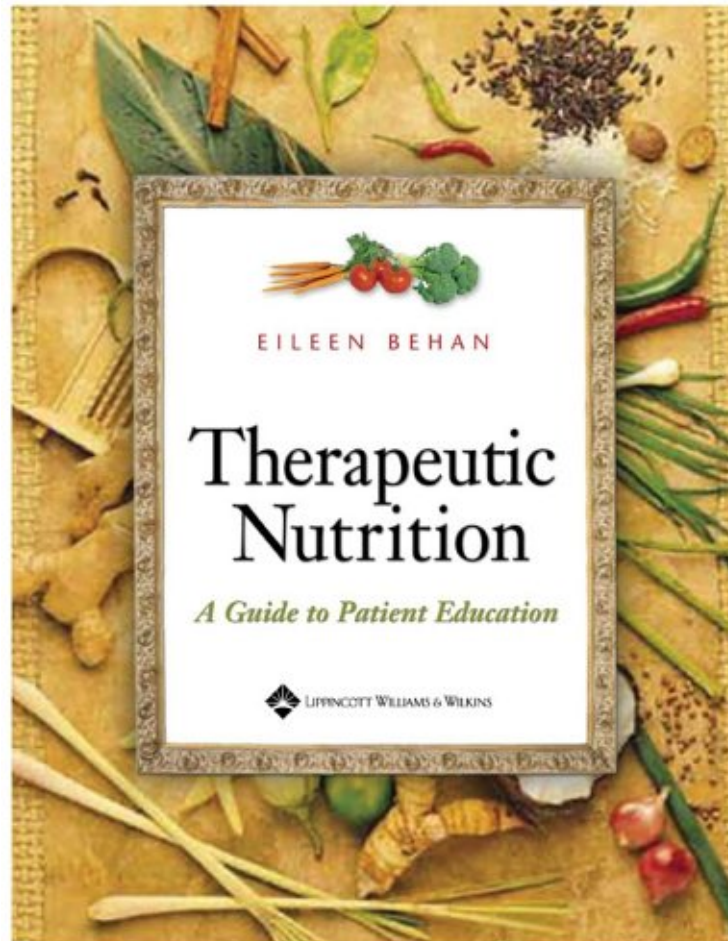


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## Therapeutic Nutrition: A Guide to Patient Education

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don't have to be a Nutritionist like myself to appreciate having the latest updates on all diets at your fingertips. With patients access to the internet every healthcare provider finds themselves asked sophisticated questions. Behan's book gives answers on nutrition that are up-to-date, easy to understand for the healthcare professional and layman as well. Handouts can be copied and provided for patients.

This reference provides essential information on therapeutic nutrition and contains 135 patient education handouts that health care providers can reproduce and give to patients. Included within the handouts are ones on recommended dietary allowances, the latest food pyramid, prediabetes, glycemic index, mercury and fish safety, food allergy, and 16 specific diets for medical conditions. Each patient education handout is prefaced by an overview that offers guidelines on nutritional interventions and patient education. The book also includes discussions on nutritional controversies and eating disorders and a list of additional resources. The spiral binding and flip-chart format enable health care providers to find and reproduce patient handouts quickly.