



Nutrition in Clinical Practice

David L. Katz

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Written by one of America's foremost authorities in preventive medicine, Nutrition in Clinical Practice is the practical, comprehensive, evidence-based reference that all clinicians need to offer patients effective, appropriate dietary counseling. Each chapter concludes with concise guidelines for counseling and treatment, based on consensus and the weight of evidence. Appendices include clinically relevant formulas, nutrient data tables, patient-specific meal planners, and print and Web-based resources for clinicians and patients.

Enhanced coverage of probiotics, health effects of soy, and other topics

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