



Nutrition in Clinical Practice

By Dr. David L. Katz MD MPH FACPM FACP, Rachel S.C. Friedman MD MHS, Sean C. Lucan MD MPH MS

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In nearly every level of treatment and counseling, care providers must take into account the effects of their patients' diets. *Nutrition in Clinical Practice* is written to guide health professionals in providing well-informed, compassionate, and effective dietary and weight-management counseling.

This fully updated 3rd edition is edited by a leading authority in nutrition and preventive medicine. Practical and evidence-based, chapters address the effects of diet on health and a comprehensive array of illnesses, making it a vital and timely addition to any caregiver's library.

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- **NEW** data from hundreds of recent studies
- **NEW** section: Contemporary Topics in Nutrition
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- Contributors representing diverse expertise and practical experience with medical education, nutrition in clinical practice, and preventive medicine
- Enhanced coverage of controversial topics, such as, the effects of sugar; health effects of obesity and the 'obesity paradox'; health effects of gluten and grains; nutritional therapy
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