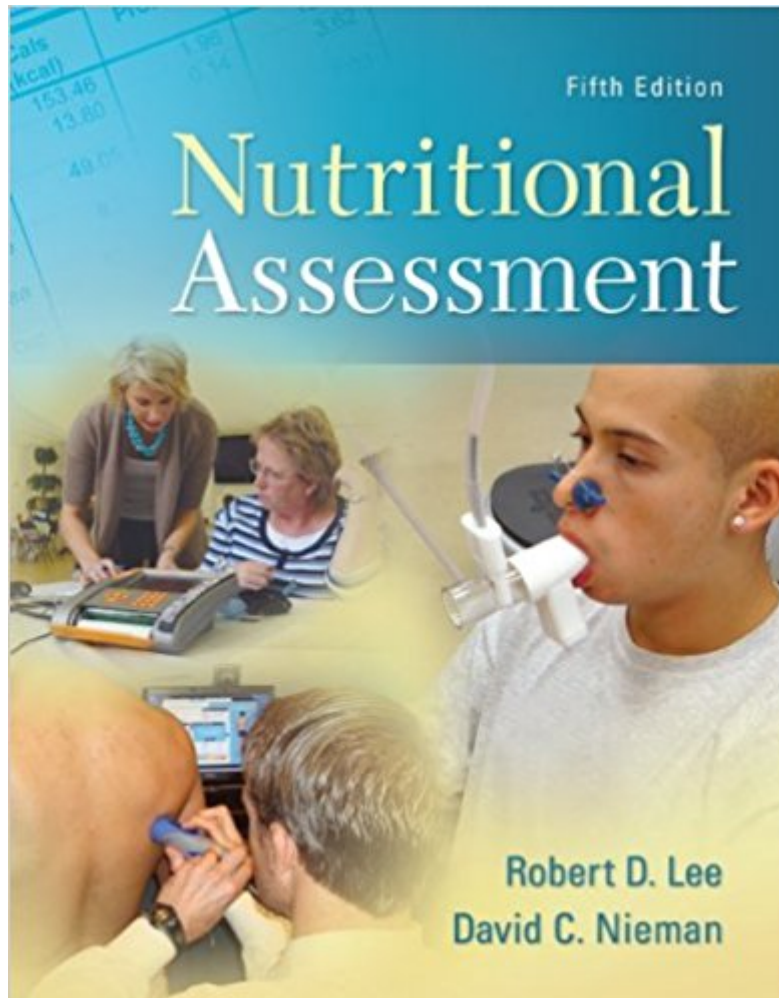




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Nutritional Assessment



Synopsis

This text describes the four major methods of nutritional assessment (dietary, anthropometric, biometric, and clinical) in an understandable and contemporary way. It thoroughly covers assessment of the hospitalized individual, but also serves as an invaluable resource to the nutrition professional working in such areas as public health and community nutrition, corporate health, and sports medicine.

Book Information

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Customer Reviews

David Nieman is a professor of health and exercise science, and director of the Human Performance Lab at Appalachian State University in North Carolina. His research focus during the past twenty years has been exercise immunology, with a secondary emphasis on sports nutrition, obesity, aging, and nutritional assessment. Dr. Nieman has more than 200 peer-reviewed publications in journals and books and is a member of eight journal editorial boards including his role as a section editor for *Mosby's YearBook of Sports Medicine*. He is the author of nine books on exercise, nutrition, and health. Dr. Nieman sits on the medical advisory board for the Bally Total Fitness Corporation, served two terms as president of the International Society of Exercise and Immunology, and was elected as a basic and applied science trustee for the American College of Sports Medicine. Dr. Nieman has run 58 marathons and ultramarathons, and was an acrobatic gymnast and coach for 10 years. His marathon PR is 2:37, and he has run the Pikes Peak Marathon twice, with a 16th place finish.

There are some equations in this book that don't have parenthesis where there should be. Therefore you come up with the wrong value. I had to google it and add my own parenthesis. Not ideal when you're trying to learn. So beware of stuff like that but otherwise it's alright. I don't have anything to compare it to and as we all know there is a lot of work to be done as far as research in this field. There is a lot of valuable information here just make sure to fact check equations etc. This was the required text for my course.

Helpful book for Nutrition assessment.

This book will guide you to a place no one wants to go..but when you get there you are glad you know why..nutrition is the best kept secret for preventable diseases. pretty to soon i will write a book on "how not to kill your self for breakfast"

great condition for a good price.

It was of great quality and arrives here on time~~Thanks,Di

good

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