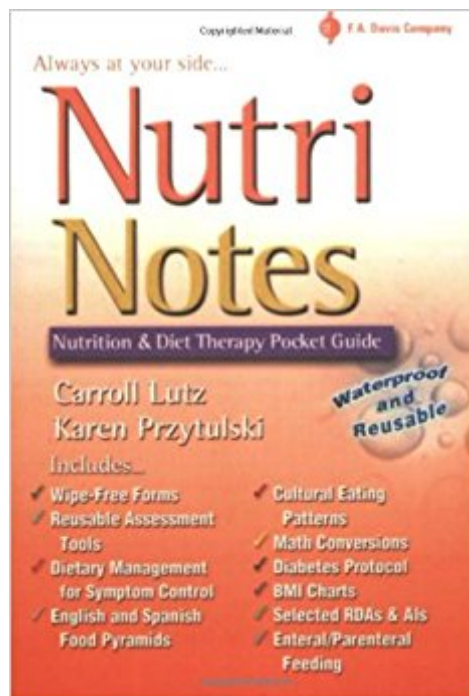




The book was found

NutriNotes: Nutrition And Diet Therapy Pocket Guide



Synopsis

Do your students need to calculate someone's body mass, but can't remember the formula? What should your students suggest when a diabetic patient wants a piece of fruit? This scrub-pocket-sized reference offers at-your-fingertips nutritional facts and important-to-know-but-rarely-memorized formulas. It contains nutrition assessment tools that can be written on with an ordinary ballpoint pen and easily wiped clean with alcohol to reuse again and again. Plus, it makes a great reference when a full nutrition text is not required. "Whether a student is in beginning courses, a graduate student is working in nurse practitioner programs, or a nurse is currently working in a multitude of clinical settings, this book has merit. The book relates information that is needed in everyday life within clinical environments. It is a very compact reference, with an easy design for use. More importantly, the fact that it is waterproof and reusable makes this book a worthwhile resource. I intend to recommend this book for my students." Joyce M. Miller, MSN, WHCNP (Texas Tech University Health Sciences Center) "A wealth of nutrition information is packed into this practical, pocket-sized resource tool." Canadian Nurse, Volume 101, No. 2, February 2005

Eight sections cover:

- BASIC** -- tips for safe food, vitamins and minerals by food groups, vitamin/mineral supplements, food label (sodium, fats, cholesterol, fiber), selected DRIs, RDAs, and AIs, cultural and religious eating patterns, English-Spanish assessment translation
- ASSESS** -- body mass index, signs/symptoms of fluid volume excess/deficit (normals), signs of hypocalcemia (Chvostek and Trousseau signs), signs/symptoms of low and high sodium and potassium, reusable assessment forms
- DIETS** -- specialized diets and recommendations for particular health concerns, such as osteoporosis, renal disease, and weight management
- INTERACTIONS** -- cautions for unregulated supplements; interactions of food, drugs, nutraceuticals and supplements; oral anticoagulants, monoamine oxidase inhibitors, preparations for diagnostic procedures
- SYMPTOM MANAGEMENT** -- dietary management for symptom control
- IV /ENTERAL** -- central IV solutions, peripheral IV solutions, calculating IV solutions, oral supplemental feedings, tube feedings, meds and tube feedings, refeeding syndrome
- MATH** -- cubic centimeters of fluid in household measures, kilocalories per gram of fat, CHO, protein, IBW, UBW, protein allowance, milligrams to milliequivalent, international units, urine output in children, F to C degrees and vice versa, weight gain in pregnancy
- TOOLS** -- admission screening, mini-nutritional assessment, pick of pregnancy pyramid, PEACH survey (children), CAGE (alcoholism), D-E-N-T-A-L (screening tool for dental care), eating behavior scale (dementia), screen for client with terminal illness

Book Information

Spiral-bound: 166 pages

Publisher: F.A. Davis Company (January 6, 2004)

Language: English

ISBN-10: 0803611145

ISBN-13: 978-0803611146

Product Dimensions: 3 x 3 x 5 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 13 customer reviews

Best Sellers Rank: #404,397 in Books (See Top 100 in Books) #56 in Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Diet Therapy #93 in Books > Textbooks > Medicine & Health Sciences > Nursing > Clinical > Nutrition #132 in Books > Medical Books > Nursing > Medical Nutrition

Customer Reviews

Awesome hand held note pad, perfect for the nutrition profession.

I had high hopes for this book, but was a little disappointed when it arrived. It contains some out of date info (the old food guide pyramid - not the new one, and definitely not MyPlate) and didn't contain some of the things that I need for reference regularly - certain calculations, etc. I have a bunch of note cards on a ring that I added reference material to throughout my undergrad and graduate nutrition career and I went back to using that.

This book is a wonderful pocket reference. I would recommend this to any nursing student to use in the clinical setting. Indexes and quick reference tabs are great for quick look ups and waterproof surface makes it easy to clean (because we all know that some gross stuff can get on it). Great Buy!

Missing pages

Everyone should have this pocket guide. I used it to make all of my diet cards. It was in great shape, and I will recommend all of the pocket guides to everybody.

It's a very old version one, but it's a very informative pocket guide.

Book arrived quick and in great condition Thanks!!! good to have for reference.

Fast service. Great little book to carry around. This has lots of tid bits and wonderful information regarding nutrition, diets, drug interactions and more!

[Download to continue reading...](#)

NutriNotes: Nutrition and Diet Therapy Pocket Guide HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Nutrition Essentials and Diet Therapy, 11e (Nutrition Essentials and Diet Therapy (Peckenpau)) Nutrition and Diet Therapy (Nutrition & Diet Therapy) Williams' Essentials of Nutrition and Diet Therapy, 10e (Williams' Essentials of Nutrition & Diet Therapy) Williams' Basic Nutrition & Diet Therapy, 15e (Williams' Essentials of Nutrition & Diet Therapy) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know **BONUS** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) Ideal Protein Diet Cookbook: Your Ideal Protein Nutrition Plan for Perfect Fitness and Wellness (Ideal Protein Diet, High Protein Diet, Perfect Protein Diet, Lose Weight, Protein Diet Plan) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) The All New Atkins Diet: A Complete Guidebook For Balanced Carbs, Delicious Food, And Quick Results (atkins diet, low carb, mayo clinic diet, whole 30, ... diet, dash diet, paleo diet, weight loss) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes,

Paleo Diet For Weight Loss, Paleo Diet For Beginners) Dash Diet: Top 45 Dash Diet Slow Cooker Recipes Rich in Protein, Fiber, Magnesium, Potassium, And Calcium (Dash Diet, Dash Diet Slow Cooker, Dash Diet ... Slow Cooker Recipes, Dash Diet Cookbook) Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)