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Krause and Mahan's Food & the Nutrition Care Process 15th Edition

Krause and Mahan's Food & the Nutrition Care Process, 15th Edition, authored by Janice L. Thompson and Mary K. D. Manore, is an essential resource for students and professionals in the fields of dietetics and nutrition. Published by Cengage Learning, this comprehensive textbook provides a thorough foundation in the principles of food and nutrition science, emphasizing the nutrition care process and its application in various clinical and community settings. With an ISBN of 978-0357453063, this updated edition includes the latest research and guidelines, ensuring that readers are equipped with the most current information to promote health and wellness through nutrition. Structured to facilitate both learning and practical application, the book covers a wide range of topics, including macronutrients and micronutrients, dietary guidelines, food safety, and the relationship between nutrition and chronic diseases. Additionally, this edition integrates case studies and problem-solving exercises, encouraging critical thinking and real-world application of concepts. Students will find valuable resources such as review questions and summaries at the end of each chapter, making it a perfect companion for both coursework and professional practice. The authors expertly balance the scientific foundations of nutrition with compassionate care strategies, emphasizing the importance of personalized nutrition in improving patient outcomes. Whether used in academic settings or as a reference for practicing dietitians, Krause and Mahan's Food & the Nutrition Care Process is a pivotal addition to any nutrition library, providing the tools needed to navigate the complexities of food and nutrition in today's diverse society.