

Nutritional Assessment, 7e

David Nieman

©2019

ISBN: 0078021405

Detailed List of New Features

Numerous revisions and additions to the Seventh Edition of *Nutritional Assessment* make it the most comprehensive and up-to-date textbook available on the subject.

Included in this edition are extensive updates to nutrient intake recommendations, guidelines, and indices including the 2015–2020 Dietary Guidelines for Americans, Healthy Eating Index, American Heart Association’s Cardiovascular Disease Metrics, Evidence-Based Guidelines for the Management of High Blood Pressure in Adults, and American College of Cardiology/American Heart Association practice guidelines on the treatment of blood cholesterol to reduce atherosclerotic cardiovascular risk in adults.

Updated methods and standards for a wide variety of anthropometric, body composition, and malnutrition assessment procedures have also been added.

Photos, graphs, tables, and references are updated throughout the entire textbook, while the appendices have been thoroughly reorganized and updated to provide the most current nutritional assessment standards and reference data.

Updated section on opportunities in nutrition assessment with current information provided on monitoring the incidence and prevalence of conditions such as diabetes, obesity, heart disease, cancer, and osteoporosis.

Updated information on the Healthy Eating Index, a review of the new Nutrition Facts label and most current standards for Daily Values, and a description of the “Choose Your Foods” system.

A new section has been added on using the complete blood count (CBC) to assess nutritional status and updated guidelines and graphs for assessment of vitamin D status. And More!

Find Your Rep at mhhe.com/rep