



Simplified Diet Manual

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Simplified Diet Manual

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In a world of nonstop statistics and studies about diet and health, what could be more welcome than this authoritative, commonsense guide to diet and nutrition? Constantly updated, as in the eighth edition, the Simplified Diet Manual has offered for almost 50 years a complete and straightforward guide for the prescription and interpretation of diets and nutrition plans across the spectrum of physiological and emotional needs.

From composition of the food pyramid to the constraints of diets restricting lactose, gluten, salt, or fat, this manual reflects all the latest information that science has to offer on what constitutes a healthy diet.

From planning menus to determining ideal body mass and weight, from counting calories to sizing servings, from managing diabetes to feeding a postsurgical patient, The Simplified Diet Manual is an indispensable resource for small hospitals, nursing homes, and consultant dietitians.

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