



# Understanding Normal and Clinical Nutrition

By Sharon Rady Rolfes, Kathryn Pinna, Ellie Whitney

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UNDERSTANDING NORMAL AND CLINICAL NUTRITION, Eighth Edition, provides the most current and comprehensive coverage of both "normal" nutrition, such as digestion and metabolism, vitamins and minerals, and life cycle nutrition, as well as "clinical" nutrition related to diseases, such as nutrition and gastrointestinal, liver, and cardiovascular diseases. The text also incorporates a number of learning tools designed to help you retain the information and apply your knowledge so you are better prepared to work in a clinical setting. Features include case studies, "How To" boxes with examples of problem-solving in real-world situations, and study questions that further conceptual understanding of the material. Regardless of your course background, the text is organized and written in a clear, easy-to-follow format that will get you actively involved in the field of nutrition.

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### **Editorial Review**

#### **About the Author**

Sharon Rady Rolfes is a registered dietician nutritionist and a founding member of Nutrition and Health Associates, an information resource center that maintains a research database on more than 1,000 nutrition-related topics. She has taught at Florida State University and coauthored several other college textbooks, including UNDERSTANDING NORMAL AND CLINICAL NUTRITION, 10th EDITION. In addition to writing, she serves as a consultant for various educational projects, and volunteers on the board of Working Well, a community initiative dedicated to creating a healthy workforce. A member of the Academy of Nutrition and Dietetics, Ms. Rady Rolfes received her MS in nutrition and food science from Florida State University.

Kathryn Pinna received her M.S. and Ph.D. in nutrition from the University of California at Berkeley. She has taught nutrition, food science, and human biology courses in the San Francisco Bay Area for over 25 years and has also worked as an outpatient dietitian, Internet consultant, and freelance writer. Her other publications include the textbooks Understanding Normal and Clinical Nutrition and Nutrition for Health and Health Care. She is a registered dietitian and member of the American Society for Nutrition and the Academy of Nutrition and Dietetics.

Ellie Whitney, Ph.D. grew up in New York City and received her BA and PhD degrees in English and Biology at Harvard and Washington Universities. She taught at both Florida State University and Florida A&M University, wrote newspaper columns on environmental matters for the TALLAHASSEE DEMOCRAT, and coauthored almost a dozen college textbooks on nutrition, health, and related topics, many of which repeatedly reappear as new editions. She spent three decades exploring outdoor Florida and studying its ecology, and then cowrote PRICELESS FLORIDA: NATURAL ECOSYSTEMS AND NATIVE SPECIES (Pineapple Press, 2004). Now retired, and more concerned about climate change than any other issue, she volunteers full-time for the nonpartisan national nonprofit Citizens Climate Lobby.

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