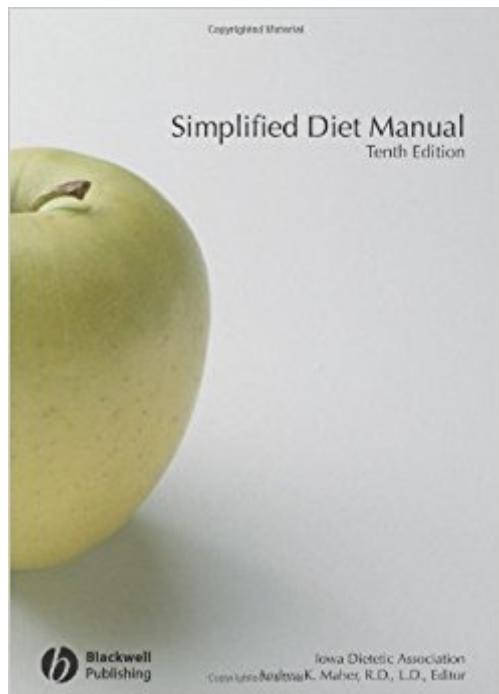


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# Simplified Diet Manual



## **Synopsis**

Hospitals and long-term care facilities in every state and many foreign countries use the Simplified Diet Manual to assist them in planning nutritious, appealing, and cost-effective meals that are modified to meet the dietary requirements of individuals with special health needs. While reflecting the dynamic nature of the field of nutrition, the Tenth Edition of the Simplified Diet Manual retains its basic purpose: providing easy-to-understand, fundamental nutrition guidelines for normal and therapeutic diets. The concise, user-friendly format of this useful resource helps dietitians and foodservice managers succeed in their vital role in maintaining nutritional health and well-being of clients in long-term care facilities, hospitals, and outpatient service centers. Changes to the Tenth Edition of the Simplified Diet Manual are many and include: Revision of the Guidelines for Diet Planning based on Dietary Guidelines for Americans 2005 and USDA's MyPyramid Update on Meeting Nutritional Needs of Older People, referencing the American Dietetic Association's position: Liberalization of the Diet Prescription for Older Adults Inclusion of National Dysphagia Diet tables (© 2002, American Dietetic Association) Addition of the Bariatric/Gastric Bypass Diet Addition of the Modified Renal Diet Addition of Food Allergies and Intolerances Revision of Exchange Lists for Meal Planning (© 2003, American Dietetic Association) Inclusion of study guide questions at the end of each chapter for training foodservice employees in health care facilities that are served by a registered dietitian or dietary consultant.

## **Book Information**

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## **Customer Reviews**

âœBecause of the widespread reach of obesity on the American population, this volume will be useful in health care libraries and academic libraries with nursing or medical programs.â• (American Reference Books Annual, Vol. 39 (2008)) âœThis work is essential for those working in health care facilities dealing with children, the elderly, and those with special needs such as diabetes. It will be an essential purchase for health care libraries.â• (American Reference Books Annual, Vol. 39 (2008)) "This work is essential for those working in health care facilities dealing with children, the elderly, and those with special needs such as diabetes. It will be an essential purchase for health care facilities." (American Reference Books Annual , Vol 39)

"Well organized and easy to use. The Simplified Diet Manual contains a wealth of diet and menu planning information making it the ideal resource for general diets for all ages to dysphagia and liberalized diets for older adults."â "Carlene Russell, MS RD LD FADA, Iowa Department of Elder Affairs "The Simplified Diet Manual is kept up-to-date with its timely revisions. The therapeutic diets are scientifically based as well researched through the collaborative effort of registered dietitians. The Simplified Diet Manual challenges the practitioner working with older adults to carefully balance medical nutrition therapy with quality of life issues to achieve optimal nutrition outcomes."â "Dr. Christine Lindgren, Director of Medical Services, Iowa Veterans Home "Perhaps one of the most valuable additions to this book is the study guide questions at the end of each chapter, enabling the training of foodservice employees." Heather Gabb, Journal of Human Nutrition and Dietetics, Volume 20, Issue 5, p. 495, October 2007 "The content of the book is easily accessible to all readers, as concepts have been explained in a clear concise way." Heather Gabb, Journal of Human Nutrition and Dietetics, Volume 20, Issue 5, p. 495, October 2007 "I would recommend this book to any dietitian working in a hospital and long-term care facility and is an excellent reference book for the shelf of any dietetic department." Heather Gabb, Journal of Human Nutrition and Dietetics, Volume 20, Issue 5, p. 495, October 2007

For work

Our dietician recommended this book. It was in great shape. Hardly looked like it had been used. Perfect for what I needed. The price was right:

great

We had order Simplified Diet 10th Edition, The State of Iowa requires ue to have one . We recieved it in a very timely manner. We didn't open it until last week to find out it was the 6th edition. I realise we should of inspected the book when we recoeved it. My dietary supervisor makes out out menu's a month ahead so we didn't need it until the end of October.Last week she order the 10th edition which should arrive Nov. 2-3.Rosebush Gardens Assisted LivingMary Michelle Van Dolah Administer

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