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Nutritional Assessment: A Laboratory Manual

Rosalind S. Gibson

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Nutritional Assessment: A Laboratory Manual Rosalind S. Gibson
This guide to practical dietary, anthropometric, and biochemical nutritional assessment introduces students to the details of standardized protocols while emphasizing the importance of rigorous methodologies. Each receives a comprehensive practical treatment which includes an overview of its relative advantages, limitations, and applicability. Topics include quantitative and qualitative dietary methods and the evaluation of nutrient intakes; the assessment of growth, fat-free mass, and body fat; and the evaluation of anthropometric measurements and reference data from national surveys. Chapters on biochemical assessment deal with specific group nutrients, outlining methods selected for their appropriateness for undergraduate students with limited practical laboratory experience. Interpretive criteria for evaluating the biochemical measurements are included at the end of each method's exposition. This book will be of great use and interest to students studying nutritional assessment in dietetics, home economics, nutritional sciences, public health, and nursing, as well as to health professionals involved in nutritional assessment.

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