



# Understanding Normal and Clinical Nutrition

By Sharon Rady Rolfes, Kathryn Pinna, Ellie Whitney

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UNDERSTANDING NORMAL AND CLINICAL NUTRITION, Tenth Edition, provides the most current and comprehensive coverage of the fundamentals of nutrition and nutrition therapy for an introductory course. The early chapters focus on "normal" nutrition, including digestion and metabolism, vitamins and minerals, and life cycle nutrition. The later chapters cover "clinical" nutrition--the pathophysiology and nutrition therapy for a wide range of medical conditions. The text integrates practical information and valuable resources to help students apply nutrition knowledge and skills to their daily lives and the clinical setting. Features such as case studies, "How To" boxes with real-world examples, and study cards help students apply the material and build their conceptual understanding. Regardless of the students' background, the consistent level, approachable narrative, and careful explanations in UNDERSTANDING NORMAL AND CLINICAL NUTRITION will engage students and enable them to be actively involved in the field of nutrition.

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### **Editorial Review**

#### **About the Author**

Sharon Rady Rolfes is a Registered Dietitian Nutritionist and founding member of Nutrition and Health Associates, an information resource center that manages a research database of more than 1,000 nutrition-related topics. Previously, Ms. Rolfes taught at Florida State University and coauthored several other college textbooks, including *Understanding Nutrition*. In addition to writing, Ms. Rolfes consults on 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, she received her MS in Nutrition and Food Science from Florida State University.

Kathryn Pinna has taught nutrition, food science, and human biology courses in the San Francisco Bay Area for more than 25 years. Formerly an outpatient Registered Dietitian, Dr. Pinna is a member of both the American Society for Nutrition and the Academy of Nutrition and Dietetics. Her experience also includes work as an Internet consultant and freelance writer, which led to textbook publications such as *Nutrition and Diet Therapy*, and *Nutrition for Health and Health Care*. Dr. Pinna earned her MS and PhD in Nutrition from the University of California, Berkeley.

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 co-wrote *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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