



# Nutrition Across the Life Span

*Mary Kay Mitchell*

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## **Nutrition Across the Life Span** Mary Kay Mitchell

The study of nutrition is both exciting and rewarding. Increasing recognition of the effect of nutrition on lifetime health and well-being has led community health agencies, government agencies, the food industry, and a variety of health professions to give more attention to the promotion of reliable nutrition information and nutrition education. To meet the educational needs of the field, this exceptional text provides an in-depth exploration of nutrition sequentially from embryo to old age. The author, who has extensive experience in nutrition counseling and education, first presents foundational information, including dietary standards, nutrition labeling, nutrition assessment skills, and promoting dietary change. She then discusses specific factors that influence health and dietary behaviors and considerations for specific life spans, such as nutrition needs during pregnancy and breast-feeding and during infancy to adolescence—including nutrition for children with developmental delays and disabilities. Subsequent coverage addresses establishing dietary and activity patterns that promote optimum health and reduction of risk of chronic disease in the adult years and nutrition issues associated with eating disorders and physical fitness and performance across more than one stage of the life span. Outstanding pedagogical features include: Each chapter begins with a topical outline and ends with concepts to remember; a list of review questions precedes major sections within chapters; a case study that illustrates the importance of nutrition introduces most chapters; key terms essential to understanding the content appear in boldface and are defined in specially designated boxes; “Research Update” boxes provide information on emerging issues in nutrition; an “Application,” demonstrating the nutrition principles of a particular life span group, appears at the end of each chapter; expanded coverage in the appendices includes current data on infant formulas, the CDC growth charts, and information on cultural food practices.

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