



Krause's Food & the Nutrition Care Process, 13th Edition

L. Kathleen Mahan MS RD CDE, Janice L Raymond MS RD CD, Sylvia Escott-Stump MA RD LDN

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The most respected nutrition text for more than 50 years, **Krause's Food and the Nutrition Care Process** delivers comprehensive and up-to-date information from respected educators and practitioners in the field. The latest recommendations include the new *MyPlate* guide, the *Dietary Guidelines for Americans 2010*, new and expanded chapters, and a large variety of tables, boxes, and pathophysiology algorithms, all providing need-to-know information with ease. New co-editor Janice L. Raymond joins L. Kathleen Mahan and Sylvia Escott-Stump and nearly 50 leading educators, researchers, and practitioners in writing a nutrition text that's ideal for use in class or everyday practice.

- **Expert contributors** include nearly 50 nationally recognized writers, researchers, and practitioners, each writing on their area of specialization.
- **Clear, logical organization** details each step of complete nutritional care from assessment to therapy.
- **UNIQUE! Pathophysiology algorithms** clarify the illness process and to ensure more effective care.
- **New Directions boxes** reflect the latest research in emerging areas in nutrition therapy.
- **Focus On boxes** provide additional detail on key chapter concepts.
- **Clinical Insight boxes** and **Clinical Scenarios** with detailed Sample Nutrition Diagnosis statements help ensure the most accurate and effective interventions in practice.
- **Key terms** listed at the beginning of each chapter and bolded within the text provide quick access to important nutrition terminology.
- **More than 1,000 self-assessment questions** on a companion Evolve website reinforce key textbook content.
- **New recommendations** reflect a comprehensive approach to diet and nutrition that incorporates the USDA's *MyPlate* guide, the *Dietary Guidelines for Americans 2010*, and the *Eating Well with Canada's Food Guide* recommendations.
- **Reorganized table of contents** reinforces the Nutrition Care Process structure endorsed by the American Dietetic Association (ADA).
- **MNT for Thyroid Disorders chapter** details important nutrition considerations for managing thyroid disorders.
- **New calcium and vitamin D Dietary Recommended Intakes (DRIs)** improve monitoring of nutrient intake.
- **Expanded Nutrition in Aging chapter** includes assessment and nutritional care guidelines for the growing elderly patient population.
- **Growth grids for children** detail proper patient nutrition during infancy and early childhood.
- **Extensively revised MNT for Food Allergies chapter** highlights the importance of food allergy management in clinical nutrition therapy.
- **Updated appendices** enhance assessment accuracy with the latest laboratory findings and normal values.

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