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Nutrition for the Older Adult Melissa Bernstein

Nutrition for the Older Adult *Melissa Bernstein*

reorganized and updated with the latest data in the field the second edition of nutrition for the older adult introduces students to the unique nutritional needs of this special population designed for the undergraduate the text covers such important topics as the physiological changes of aging weight and nutrition problems in older adults diet and cultural diversity in older adults macronutrient mineral and vitamin requirements for older adults and much more with an added emphasis on health promotion nutrition for the older adult is an essential resource for students in the fields of nutrition nursing public health and gerontology

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