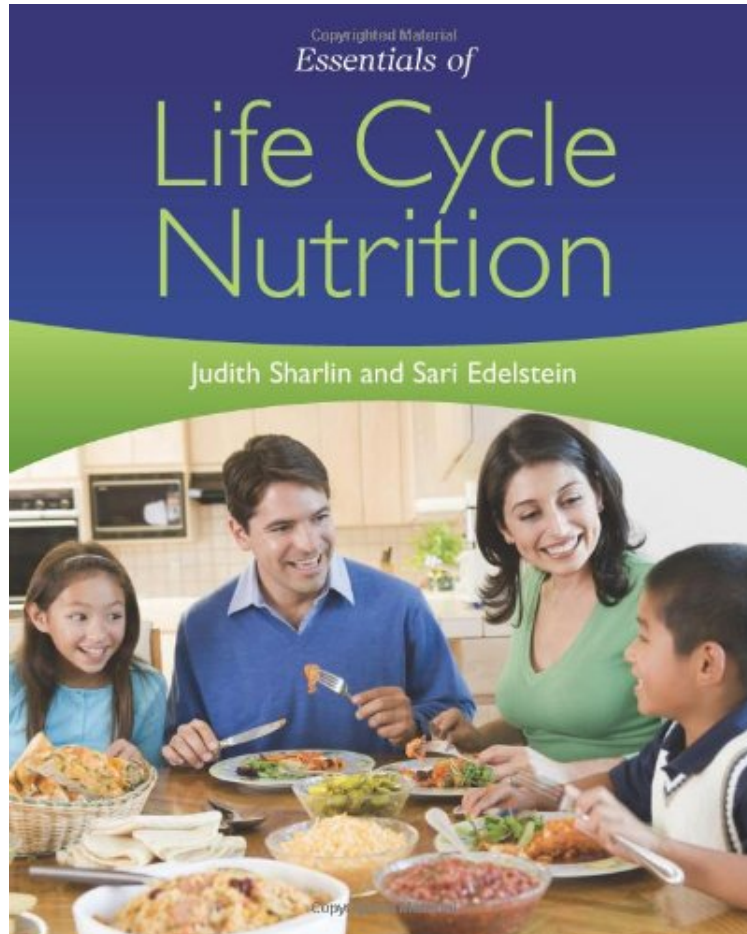


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## Essentials Of Life Cycle Nutrition

*Judith Sharlin, Sari Edelstein*

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**Judith Sharlin, Sari Edelstein : Essentials Of Life Cycle Nutrition** before purchasing it in order to gage whether or not it would be worth my time, and all praised Essentials Of Life Cycle Nutrition:

Essentials of Life Cycle Nutrition is a more basic version of the author's larger text, Nutrition in the Life Cycle: An Evidenced-Based Approach, without the high-level research basics more appropriate for advanced nutrition courses. It covers nutrition requirements through out the life span, with a special emphasis on both pregnancy and end of life issues. Including over 100 illustrations, photos and tables, Essentials provides a look into contemporary nutritional issues such as pediatric vegetarianism, childhood obesity, diabetes, eating disorders, chronic disease, pharmacologic considerations, physical activity and weight management, and unique nutrition needs in the older adult. The text also provides a full spectrum of the nutritional guidelines to begin the solid preparation needed for a career in

practice.