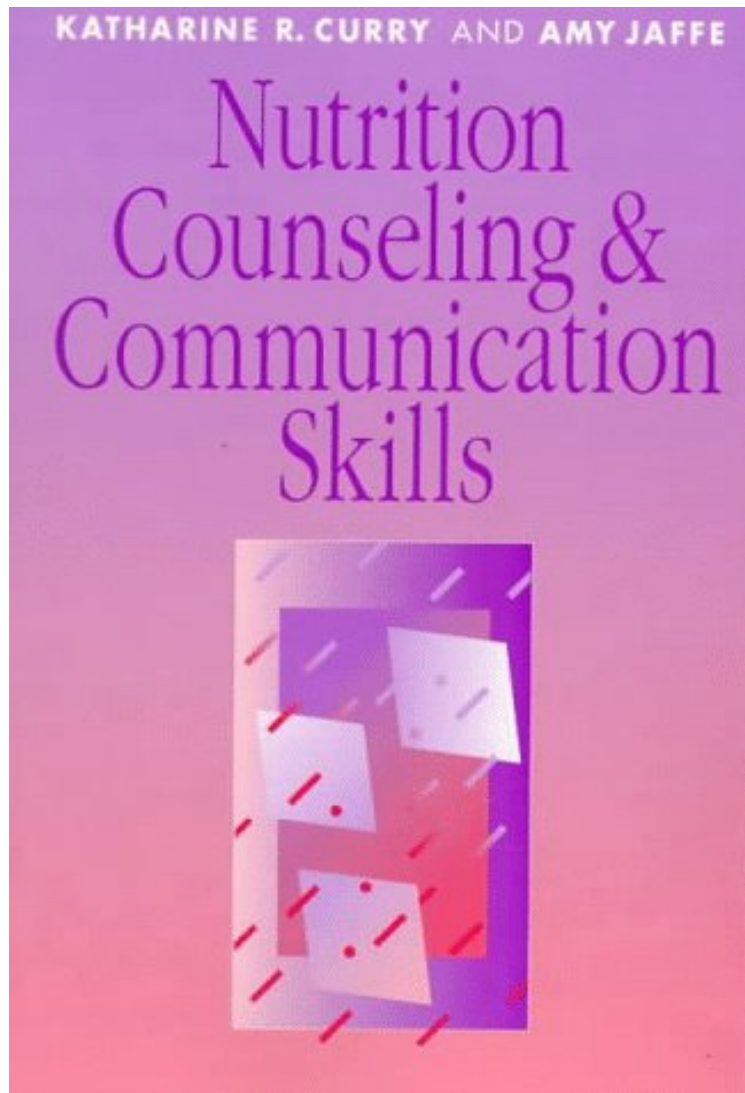


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examples, scenarios, and activities. Comprehensive coverage of eating disorders, stresses how to identify potential disorders and offers strategies for preventing more serious disease. Discusses psychological concepts and emotional issues that provide insight into motivation and personality, explores how these relate to nutrition counselling, and then explains how to effectively facilitate a nutrition behaviour change. Reviews common medical problems at different stages of life, relating counselling techniques to specific developmental stages. Includes cross-cultural considerations for nutrition counselling, enabling the reader to provide culturally sensitive health care. Offers discussions of ethics and professional considerations that affect all areas of dietetics and nutrition practice. Provides numerous case examples that illustrate practical nutrition applications. Appendices include worksheets, forms, exercises, nutrition counselling criteria and examples. (Includes FREE online biannual nutrition newsletter)