



Nutrition Made Incredibly Easy! (Incredibly Easy! Series®)

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Using the award-winning **Incredibly Easy!** style, **Nutrition Made Incredibly Easy! Second Edition** presents essential information on nutrition in a light-hearted and appetizing way. Coverage includes the physiologic processes that transform food into energy, nutrient metabolism and recommended allowances, assessment of nutritional status, and the needs of special patient populations.

This edition incorporates the *Dietary Guidelines for Americans 2005*, presents up-to-date information on diabetes, and includes new appendices on fad diets and commonly used herbs and supplements. Logos include *Lifespan Lunchbox* (age-related considerations); *Bridging the Gap* (cultural considerations), *Menu Maven* (sample menus), and *NutriTips* (nutritional pointers).

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