



Nutrition Counseling Skills for Medical Nutrition Therapy

Linda G. Snetselaar

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In the modern health care environment, it is critical that the nutritionist be skilled in interviewing, assessing, and counselling. The nutritionist, through appropriate counselling and intervention, can help avoid costly readmissions and play an important role in counselling clients toward healthier lifestyles. This revised edition of an earlier text addresses nutrition counselling for conditions such as obesity, heart disease, diabetes, renal disease, hypertension, cancer, eating disorders, and pregnancy.

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