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TRANSITION GUIDE TO

The Dietitian's Guide to Vegetarian Diets Issues and Applications FOURTH EDITION

The Dietitian's Guide to Vegetarian Diets: Issues and Applications, Fourth Edition provides the most up-to-date information on vegetarian diets. Evidence-based and thoroughly referenced, this text includes case-studies, sample menus, and counseling points to help readers apply material to the real world.

Written for dietitians, nutritionists, and other health care professionals, the *Fourth Edition* can be used as an aid for counseling vegetarian clients and those interested in becoming vegetarians, or serve as a textbook for students who have completed introductory coursework in nutrition.

NEW TO THE FOURTH EDITION

Includes FOUR New Chapters

CHAPTER 5 Carbohydrates, explores the role of carbohydrates in vegetarian diets and examines topics including the Glycemic Index, dietary fiber intakes and recommendations, the impact of sugar on health and the low-FODMAP diet for vegetarians.

CHAPTER 6 Vegetarian Diets and Bone Health, focuses on important nutrients for bone health including calcium, vitamin D, and protein and provides research-based recommendations for optimizing bone health for vegetarians.

CHAPTER 18 The Vegetarian Athlete, addresses nutritional needs of vegetarian athletes and includes an overview of research related to vegetarian athletes, and examination of macronutrient needs, and a discussion of performance enhancers.

CHAPTER 19 Strategies for Working with Vegetarian Clients, provides practical information for dietitians and other health care professionals working with vegetarians or those interested in vegetarian diets.

CHAPTER-SPECIFIC UPDATES

CHAPTER 2 Health of Vegetarians

- Provides an update on the health of vegetarians.
- Includes new information about large cohort studies of vegetarians as well as research examining “healthy” vs. “less healthy” plant-based diets.
- Summarizes the most recent research related to the role of vegetarian diets in prevention of diseases including cardiovascular disease, hypertension, cancers, diabetes, and obesity.

CHAPTER 4 Fats

- Includes information about plant fats that are popular with the public such as coconut and palm oil
- Extensively updated information on the ability of vegetarian diets to meet requirements for omega-3 fatty acids.

CHAPTER 9 Non-nutrient Compounds in Plant Foods

- Includes added information on phytochemicals and anti-nutrients (including lectins, protease inhibitors, oxalates, and lectins) in plant foods and their effects on health outcomes.

CHAPTER 10 Soy Foods

- Provides updated information on the possible role of soy foods in reducing risks for cancer, heart disease, and osteoporosis, as well as in alleviating symptoms of menopause.

CHAPTERS 12 through 16

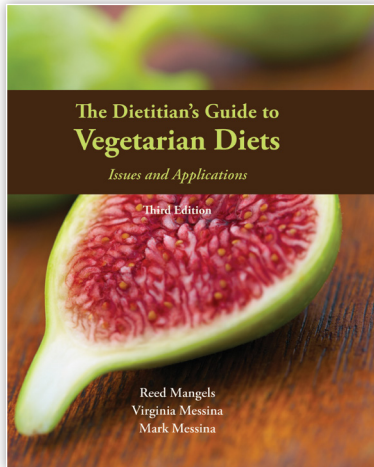
- Provide updated information on use of vegetarian diets throughout the life cycle.
- Includes recommendations for nutritional assessment of vegetarians at various life cycle stages.

CHAPTER 17 Vegetarian Diets in the Management of Chronic Disease

- Includes new information on the use of vegetarian diets to manage weight, diabetes, and risk factors for cardiovascular disease.
- Provides a discussion of weight stigma, recommendations for choosing the best vegetarian diet for weight management, and comparisons of diets with differing macronutrient ratios.

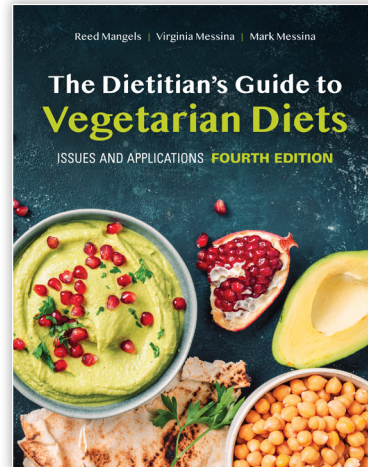
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THIRD EDITION

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