

SALEM PRESS

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Salem Press Adds a Brand New Title to the Salem Health Series: *Nutrition*

Edited by Sharon Richman, MSPT and Dawn Ortiz, MSRD, *Salem Health: Nutrition* is designed to help consumers focus on the source of nutrition information. This title covers not only the nutritional value of dozens of foods and food groups, but includes nutritionally therapy, how diet affects certain medical conditions, and societal issues such as fad diets and obesity. This encyclopedia is conveniently organized into three volumes.

Volume 1 analyzes the nutritional value of hundreds of different foods. Each food is categorized according to its appropriate food group – fruits, vegetables, grains, protein, dairy, beverages, herbs/spices and fats/oils. Following entries in Volume 1 is nutrition information from the USDA. Volume 2 focuses on how medical nutrition therapy (MNT) can help treat various disease states, and is a valuable resource for patients, and their families, who are struggling with illness. This volume also includes a cancer prevention diet, food addiction, and food allergies. Volume 3 consists of an assortment of topics associated with a healthy diet, including eating breakfast, avoiding fast food, and getting enough sleep. Also included is a section of articles dedicated to the nutrition requirements throughout the lifespan that address how nutritional needs change with age.

Entries in *Salem Health: Nutrition* range from one to eight pages in length. The text of each entry offers a clear and concise discussion of the topic. Subheads appear frequently, and include What We Know, Nutrients, Medical Nutrition, Research Findings, and Risk Factors. Topics discussed in this title include:

- **Fruit**
- **Vegetables**
- **Grains**
- **Proteins**
- **Dairy**
- **Beverages**
- **Herbs & Spices**
- **Fats & Oils**
- **Kidney Disease and Diet**
- **Medical Nutrition Therapy for Various Disease States**
- **Cancer and Diet**
- **Diabetes and Diet**
- **Gastrointestinal Disorders**
- **Heart Disease and Diet**
- **Micronutrients**
- **Pediatric Nutrition**
- **And much, much more!**

Salem Health: Nutrition is designed to help consumers focus on the source of nutrition information. This encyclopedia is conveniently organized into three volumes. Volume 1 analyzes the nutritional value of hundreds of different foods. Each food is categorized according to its appropriate food group. The articles specify nutrient content, dietary intake guidelines and current research findings. Volume 1 also includes a section of important nutrition material from the United States Department of Agriculture that includes 2015-2020 Dietary Guidelines for Americans, eating patterns, and a variety of healthy eating styles. Volume 2 focuses on how medical nutrition therapy (MNT) can help treat various disease states, and is a valuable resource for patients, and their families, who are struggling with illness. MNT determine how nutritional status and interventions can impact diseases, such as cancer, diabetes, heart disease and even mental illness. Readers will learn how the prevention, progression, and treatment of disease may be impacted by the addition or avoidance of certain foods. Volume 3 consists of an assortment of topics associated with a healthy diet. The nutrition implications associated with the most recent dietary guidelines of MyPlate are compared with the previous MyPyramid model. Volume 3 also includes a section of articles dedicated to the nutrition requirements throughout the lifespan that address how nutritional needs change with age. Coverage includes how best to eat during pregnancy and breastfeeding, how to encourage healthy eating in children, which foods can help reduce menopause symptoms, and how specific food choices can help older adults both mentally and physically. Also in volume 3 is analysis of micronutrients (vitamins and minerals) by their action in the body, food sources, potential for deficiency/toxicity/medication interaction, and current research.

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