

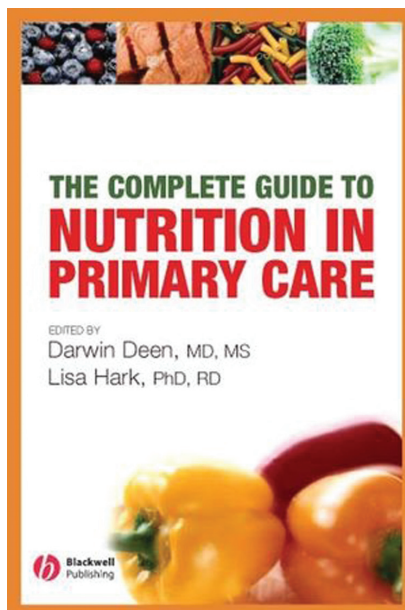
Book REVIEW

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The Complete Guide to Nutrition in Primary Care

edited by Darwin Deen, MD, MS,
and Lisa Hark, PhD, RD

Malden, MA: Blackwell • 2007 • \$54.95 • ISBN: 1405104740



Obesity and poor nutritional choices plague the American population and are risk factors

for the development of many chronic and acute medical conditions. Health care providers report that they lack the knowledge, time, confidence, and teaching materials to provide adequate nutritional counseling. *The Complete Guide to Nutrition in Primary Care* seeks to address these barriers to counseling and moves beyond a dry recitation of nutritional facts by proffering practical suggestions that can be easily integrated into a primary care setting. The book also includes sections on public policy and community advocacy for sensible food policies and cultural considerations that can affect counseling.

Practitioners who are well versed in nutritional counseling as well as those who are more limited in their experience will find this book helpful. The material in each chapter is presented in a readable, straightforward manner, and much of it is presented in useful tables, figures, graphs, and appendices. Nutrition across the life span

is addressed, including both nutritional information for pregnant women and end-of-life feeding issues. Information about the efficacy of vitamins, minerals, and supplements is presented, as well as a critique of common weight loss diets. However, the addition of a glossary at the end of each chapter or as an appendix would help decipher the multiple acronyms and abbreviations throughout the text.

The dozen review questions for each of the 17 chapters serve as a posttest and are approved by the American Dietetic Association for 42 continuing education credits. These questions are useful for the education and testing of any health professional who is seeking to review and update their knowledge about nutrition, food choices, the obesity crisis, and our complex food culture. *The Complete Guide to Nutrition in Primary Care* is an important text in the critical task of educating clinicians about nutrition and weight management. **AJLM**

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