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RITION

in HEALTH and DISEASE

13th Edition

LIPPINCOTT

In Health and Disease

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NUTRITION

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Preface

The 13th edition of *Nutrition in Health and Disease* presents nutrition principles based on the most recent findings and concepts, and suggests applications for putting this information to work. Emphasis is laid on the part that the nurse can play in promoting better nutrition for all people, and particularly on her role at the patient's bedside in implementing the dietary treatment of disease. This text also meets the needs of general college students in nutrition and dietetics when the up-to-date and carefully selected bibliography, commencing on page 665, is used to supplement the text.

The 1958 Recommended Daily Dietary Allowances prepared by the Food and Nutrition Board of the National Research Council are used for reference throughout this edition.

Part One deals with the nutritional needs of various ages and groups, the foods which will supply these needs, and the fate of these foodstuffs in the body. New concepts of fat metabolism, the possible significance of unsaturated fatty acids and their distribution in common foods are discussed in Chapter 3. New bar charts in Chapters 4, 6, 7 and 8 show the distribution of nutrients in common foods classified in the four food groups now commonly used for teaching purposes. A new table of energy expenditures for everyday activities of the mid-20th century replaces outmoded material. The reduction of caloric needs with each decade for adults

of different weights is also given in tabular form. Geriatrics is given special emphasis in Chapter 15, recognizing, of course, that the foundation for good nutrition in later years is laid in good food habits acquired earlier in life.

Food and the Public Health, Chapter 16, is completely new, written by Warren Averill, Ph.D., Assistant Professor of Food Technology, University of Massachusetts. Dr. Averill gives an interesting and concise review of the latest information on food-borne infections, food poisoning, spoilage, deterioration and modern methods of food preservation which conserve the values and the attractive appearance of food. The problem of food additives is discussed briefly, as well as the Federal and the state laws which protect the public against fraudulent and misleading claims and against contamination.

Part Two, *Diet in Disease*, is introduced by a new chapter entitled "The Patient and His Nutritional Problems." This chapter is concerned with the patient as a person, his attitudes toward food, feeding problems and his dietetic care. The subsequent chapters on diet in relation to specific disease syndromes have been thoroughly revised, with some sections completely rewritten. Low fat, low cholesterol diets for atherosclerosis, the gluten-free diet for treatment of sprue and celiac disease, the special diet for the dumping syndrome, and special diets for cardiospasm, hiatus hernia, kidney stones and pancreatitis have

been added. Formulas and directions for preparation of new varieties of tube feedings are given. Recent developments or discoveries such as ammonium poisoning in liver failure, Orinase in the orally administered therapy of diabetes and the significance of the hormone glucagon are also discussed. The chapter dealing with diet in diseases of children has been greatly expanded.

Part Three, pruned for increased efficiency, nevertheless includes new gluten-free recipes (Chap. 50), and other new recipes have been added to Chapters 49 and 50.

Part Four has been revised and condensed. Out-of-date tables have been deleted, a new table of the sodium and potassium content of foods and seasonings has been substituted, and the table of blood constituents has been revised, with the addition of urinary constituents indicating the nature of pathologic changes.

Special attention is called to the carefully selected and refreshed bibliography for supplementary reading which includes both general references and more specific readings classified according to subject. The latter group will be especially helpful to the advanced student. At the other extreme, professional people may find the list of more casual read-

ing for the lay person (sub-listing under General References) of some convenience in replying to queries of a non-professional nature.

The *Overseas Supplement* accompanies all copies of the book sent outside North America. This supplement provides suggestions as to how this text can be adapted for use in countries where the foods and the food habits are quite different from those in the United States. References in the Supplement list sources of information about foods common to various parts of the world.

The teacher's guide, entitled *Teaching Nutrition in Nursing*, by Henderika J. Rynbergen, was completely revised in 1956 for use with the 12th and the 13th editions of the text. This manual contains outlines for lesson plans and suggests appropriate methods, topics for emphasis and related activities in each subject matter area, with special attention to an integrated approach in teaching diet in disease.

The authors have kept in mind not only the needs of the nursing student in basic programs but also those of the graduate nurse, the dietitian and the college instructor with the hope that the book's primary assets as a text will ensure its usefulness as a reference as well.

Acknowledgments

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