



Simplified Diet Manual

Judy Fitzgibbons, Iowa Dietetic Association

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Hospitals and long-term care facilities in many states and foreign countries use the "Simplified Diet Manual" to assist them in planning nutritious, appealing, and cost-effective meals that are modified to meet the dietary requirements of individuals with special health needs. While reflecting the dynamic nature of the field of nutrition, the 9th edition of the "Simplified Diet Manual" retains its basic purpose: providing easy-to-understand, fundamental nutrition guidelines for normal and therapeutic diets. The concise, user-friendly format of this useful resource helps dietitians and foodservice managers succeed in their vital role in maintaining nutritional health and well-being of clients in long-term care facilities, hospitals, and outpatient service centers. The new edition of this classic text incorporates changes in the science of nutrition and societal trends, making it the reference of choice when prescribing and interpreting diets or establishing meal plans. Improvements from the previous editions include a new chapter on weight management, a new diet for people with diabetes, and adaptations to reflect new recommendations concerning dietary intakes and cholesterol.

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