



# Nutrition and Diet Therapy: Self-Instructional Modules

*Peggy S. Stanfield, Y. H. Hui*

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The fourth edition of Nutrition and Diet Therapy continues to be the only self-instructional text available in its field. This unique style, ideal for courses in which there is a need for a self-paced approach, contains student progress checks so that readers may assess their understanding of material they have just read. All of the modules have been updated to reflect the most current information and research available on normal and therapeutic nutrition.

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