

# New Resources for Nutrition Educators

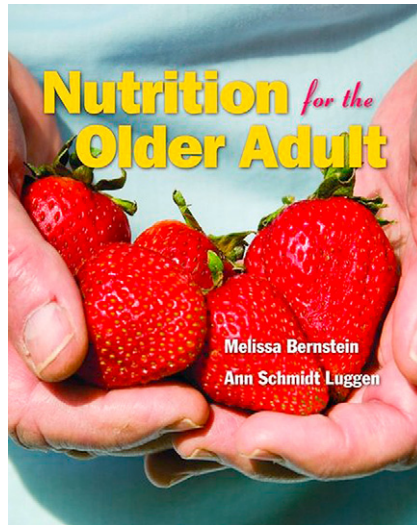
## BOOK

**Nutrition for the Older Adult.** Bernstein M, Schmidt Luggen A, 2010, Jones and Bartlett Publishers, LLC, 40 Tall Pine Drive, Sudbury, MA 01776. Paperback book, 422 pp, \$87.95, ISBN: 978-0-7637-3624-8.

This book is a clear, comprehensive text that introduces students to nutrition and health promotion for older adults. It provides nutrition fundamentals and clinical relevance, with chapters that focus on the specific diseases and disorders that affect older persons. Covering such important topics as the physiological changes of aging, weight and nutrition problems in older adults, nutrition assessment and support, diet and cultural diversity, and exercise prescriptions for older adults, this text is an essential resource for students in the fields of nutrition, nursing, and gerontology.

With the ever increasing and rapidly changing population of elderly Americans, this book is a timely addition to the literature on older adults because it places a wealth of information at the reader's fingertips. The text addresses a cross-section of issues and trends such as physiological changes, nutrition requirements, chronic diseases, weight loss, obesity, physical activity, nutrition services, health promotion, and disease prevention.

Each chapter contains the objectives to be achieved by the reader upon completion of the material, provides key terms and concepts, and ends with a synopsis of what should have been learned from the chapter. The activities at the end of the chapter allow for further research of the topic.



Additionally, the authors provide students with opportunities to search the Internet, discuss topics, and develop their critical-thinking skills. End-of-chapter case studies provide the opportunity for readers to apply the information presented in the text, solve problems, and make connections to real-world situations.

A definite strength of the text is its suitability for use as a reference tool on the foundations of nutrition with its presentation of sound, up-to-date information on the biological and physiological aspects of nutrition. Other strengths include the presentation of physiological changes related to aging for each system of the body. Various minority groups are depicted and well represented throughout the text. In addition, the inclusion of diet and cultural diversity in older adults lends itself to the development

of culturally appropriate programs and interventions for the elderly.

There are a few instances in which the organization of the chapters could have been structured to present related topics next to each other. For example, obesity and planning weight loss in older adults could have immediately followed exercise for older adults. So, too, diet and cultural diversity in older adults could have been presented after the section on nutritional requirements. However, educators generally present topic in a format that suits their pedagogical schedule, and as a result, this may not be a problem.

This text is suitable for college students in upper-level and graduate nutrition and health courses. It could be used as a supplementary text for students in medical nutrition therapy, as many chapters focus on the clinical management of diseases. It will also be a great resource for *Journal of Nutrition Education and Behavior* readers in nutrition, dietetics, and other health-related professions.

Ingrid Karen Richards Adams, PhD,  
University of Kentucky, Nutrition and  
Food Science, 218 Funkhouser Building,  
Lexington, KY 40506-0054

doi: 10.1016/j.jneb.2010.01.011

Cite this article as Richards Adams IK. Nutrition for the Older Adult [New Resources for Nutrition Educators]. *J Nutr Educ Behav.* 2010;42:213.e3.

---

Inclusion of any material in this section does not imply endorsement by the Society for Nutrition Education. Evaluative comments contained in the reviews reflect the views of the authors. Review abstracts are either prepared by the reviewer or extracted from the product literature. Prices quoted are those provided by the publishers at the time materials were submitted. They may not be current when the review is published.

*J Nutr Educ Behav.* 2010;42:213.e3

©2010 SOCIETY FOR NUTRITION EDUCATION