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Abstract

The Clinical Nutrition Handbook aims to serve as a bibliographic source for the nutritional care of both healthy individuals and patients, catering to the needs of Nutrition students and future Dietitians in the field of Clinical Nutrition. The handbook begins by addressing the process of nutritional care and the records used for its documentation. It describes the process of detecting nutritional risk, providing corresponding tools used on a wide scale, and offers practical information for the nutritional assessment of patients (e.g., calculation and interpretation of anthropometric indicators, interpretation of biochemical parameters,

basic principles of assessment interviews). Additionally, it briefly outlines the method for estimating energy and nutrient requirements, providing relevant mathematical formulas and tables, and includes detailed lists of food group equivalents used for composing diets for both healthy individuals and patients (e.g., diabetic patients, patients with kidney disease). In the final chapters of the handbook, readers will find concise descriptions and sample menus of therapeutic diets, enteral and parenteral nutrition protocols, as well as lists of liquid dietary supplements, enteral nutrition formulations, and inorganic supplements.

