



## METADATA

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### Abstract

The aim of this book is to provide the basic principles, as well as contemporary data, documented by scientific studies, on the factors that influence dietary behavior and food choices. It also refers to the most commonly used Behavior Modification Theories in Nutrition Science and presents individual

effective techniques for improving dietary habits and behaviors in the context of therapeutic and preventive intervention. Finally, the book also examines the role of the dietitian as a competent assistant or "coach" in an individual's effort to change their dietary habits and lifestyle parameters.

