



# Nutritional Assessment: A Laboratory Manual

By Rosalind S. Gibson

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## Nutritional Assessment: A Laboratory Manual By Rosalind S. Gibson

This guide to practical dietary, anthropometric, and biochemical nutritional assessment introduces students to the details of standardized protocols while emphasizing the importance of rigorous methodologies. Each receives a comprehensive practical treatment which includes an overview of its relative advantages, limitations, and applicability. Topics include quantitative and qualitative dietary methods and the evaluation of nutrient intakes; the assessment of growth, fat-free mass, and body fat; and the evaluation of anthropometric measurements and reference data from national surveys. Chapters on biochemical assessment deal with specific group nutrients, outlining methods selected for their appropriateness for undergraduate students with limited practical laboratory experience. Interpretive criteria for evaluating the biochemical measurements are included at the end of each method's exposition. This book will be of great use and interest to students studying nutritional assessment in dietetics, home economics, nutritional sciences, public health, and nursing, as well as to health professionals involved in nutritional assessment.

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"...a handy, well-organized guide to the major methods currently being used to assess the nutritional status of children and adults.... This manual was designed for students of nutrition, dietetics, home economics, and public health. Dietitians and other health professionals will also find this manual a useful reference on the methodology and evaluation of nutritional assessment."--Journal of the Canadian Dietetic Association

"A unique reference that details the various assessment parameters dietitians use most frequently.... Offers an easy-to-read, well-organized laboratory guide for dietetics students and health professionals...useful reference for a laboratory course on nutrition assessment." --Journal of the American Dietetic Association

" ...designed for students of nutrition, dietetics, home economics, public health, and nursing as well as health professional includes detailed instructions on standardized procedures for dietary, anthropometric and biochemical nutritional assessment methods." -- Nutrition Today

#### About the Author

Rosalind S. Gibson is Professor, Division of Applied Human Nutrition, Department of Family Studies, University of Guelph, Ontario, Canada. She has focused her research on nutritional assessment and trace elements in human nutrition. She has published over 50 papers in the scientific literature in the last decade.

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