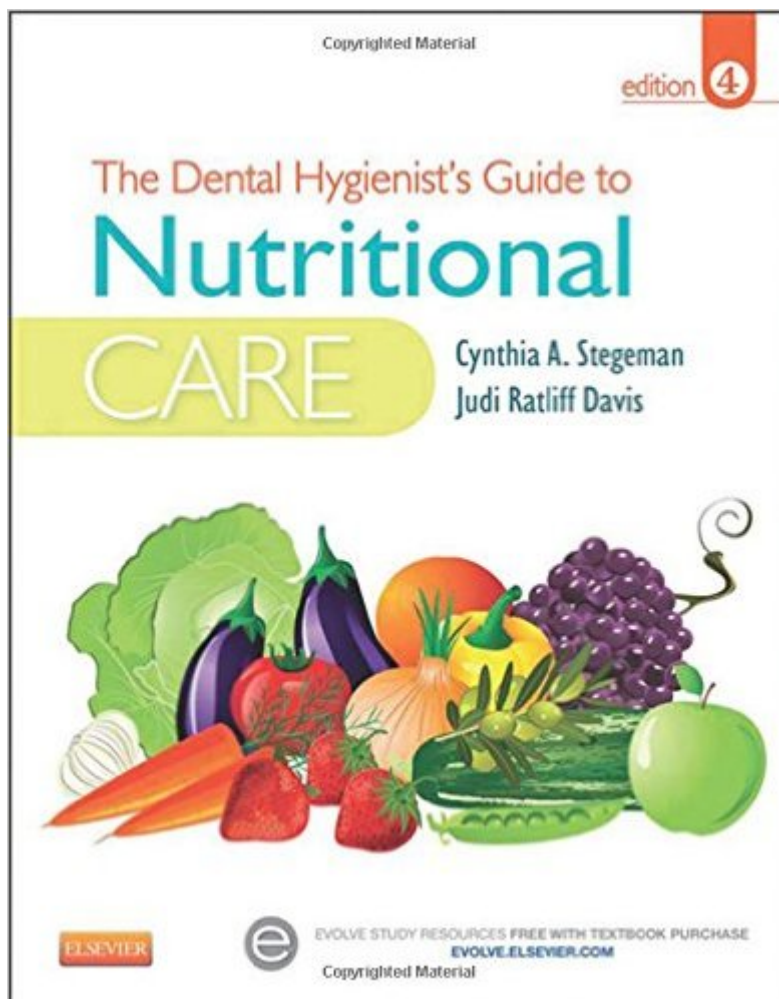


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# The Dental Hygienist's Guide To Nutritional Care, 4e (Stegeman, Dental Hygienist's Guide To Nutritional Care)



## Synopsis

The Dental Hygienist's Guide to Nutritional Care, 4th Edition, is specifically tailored to address relevant nutritional concerns for both practicing hygienists and dental hygiene students alike. Written by an author team with experience in both disciplines, this full-color text offers a balanced and comprehensive view of how nutrition affects dental health. In addition to basic nutritional advice relevant for dental hygienists, coverage also includes current nutritional concerns, such as high-protein diets, bottled water versus tap water, the latest Dietary Guidelines for Americans, and the new (ChooseMyPlate.gov graphic and food guidance system. A new chapter on biochemistry expands coverage of a topic that is addressed on the dental hygiene board exam. No other nutritional guide in dental hygiene offers so much!NEW! Biochemistry chapter provides foundational concepts that support content throughout the book and also address coverage on the National Board Dental Hygiene Examination (NBDHE).NEW! Updated coverage includes new content on fluoride, vitamin D, calcium, the latest Dietary Guidelines for Americans, the new ChooseMyPlate.gov graphic and food guidance system, and the latest research in this dynamic field.NEW! Full-color photographs and illustrations showcase current federal guidelines and exemplify the types of foods that supply various macro- and micronutrients.NEW! Practice quizzes allow you to test your comprehension along with instant feedback and remediation to address strengths and weaknesses.

## Book Information

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## Customer Reviews

Great text book for the dental hygiene nutrition course I am currently taking.

Easy to read and a lot of helpful information about nutrition for RDH

Got for my daughter to use in college.

Thank you! Works great for my class.

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