# Chapter 12

Nutrition for Adults: The Early, Middle, and Later Years

williams' Basic Nutrition @ Diet Therapy 2

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## **Key Concept**

- Aging is a total life process with biologic, nutritional, social, economic, psychological, and spiritual aspects.
- Aging is a normal process. Nurses need to know the difference between normal changes from aging and abnormalities.

## **Nutrition And The Later Years**

**H Kauffman** 

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