

Chapter 12

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

Williams' Basic Nutrition & Diet Therapy 13th Edition

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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

JA Banks



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