Textbook of

Nutrition

for GNM Nursing Students

(As per the INC Syllabus for GNM)

Special Features

- Thoroughly Revised and Updated Edition
- Perfect Blend of Theory and Clinical Practice
- **100+** Figures, Tables, and Flowcharts
- **200+** Multiple Choice Questions
- Exclusively covered Dietary Allowances Tables
- Special Section on Cookery Practical

3rd Edition

CBS Publishers & Distributors Pvt. Ltd.

Varinder Kaur

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Textbook of

Nutrition for GNM Nursing Students

Salient Features

- This new edition has been thoroughly revised and updated as per the latest advancements.
- A Comprehensive Compendium on Nutrition has been developed as per the INC syllabus for GNM.
- Simple and easy-to-understand language has been used to make it a delight to read.
- Latest nutritional recommendations according to RDA have been added.
- ICMR guidelines for *menu planning* have been incorporated.
- New amendments in *food laws* have been added to keep students abreast of latest advancements.
- *Sample menu plans* for all the categories are covered in tabular format for easy and quick implementation.
- *Student Assignment* at the end of each chapter has been given to analyze the reader's progress.
- *Important Annexure* with useful information from student's point of view has been included.

About the Author

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