



# Nutrition Counseling and Education Skills: A Guide for Professionals

*Judith Beto, Betsy Holli*

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**Nutrition Counseling and Education Skills: A Guide for Professionals** Judith Beto, Betsy Holli  
Now in vibrant full color, this updated 7th Edition of Holli's best-selling **Nutrition Counseling and Education Skills : A Guide for Professionals** helps students develop the communications, counseling, interviewing, motivational, and professional skills they'll need as Registered Dietician professionals.

Throughout the book, the authors focus on effective nutrition interventions, evidence-based theories and models, clinical nutrition principles, and knowledge of behavioral science and educational approaches.

Packed with activities, case studies, and self-assessment questions, the 7th Edition features new content that reflects the latest changes in the field, new online videos that bring nutrition counseling techniques to life, and a powerful array of new and enhanced in-text and online learning tools.

- **New chapter-opening Case Challenges**, with related questions threaded through the chapter, encourage students to think critically about chapter content.
- **New counseling videos** from the author bring content to life and help students understand the nuances of effective nutrition counseling.
- **Coverage of new standards of practice for specialties** such as gerontology, nephrology, etc., keeps students up-to-date with today's best practices.
- **A three-part organization** (Communication Skills, Counseling for Health Behavior Change, and Education Skills) provides a better flow of information.
- **Updated ACEND and AND guidelines** reflect the latest changes in the field.
- **A new full-color design and illustration program** clarifies content and makes the book easier to understand for today's highly visual learner.
- **Insightful coverage of the Nutrition Care Process**, the basis for the Standards of Professional Practice in delivering patient/client care, helps students understand the four steps in the process: nutrition assessment, nutrition diagnosis using PES statements (Problem, Etiology and Signs/Symptoms), nutrition intervention, and nutrition monitoring and evaluation.
- **In-Book and Online Case Studies** highlight current issues, such as cultural sensitivity, and allow students to apply key concepts to real-life scenarios.
- **Updated activities** give students practice in developing their own communication skills and style.
- **Updated discussion questions** encourage students to explore and respond to key communication issues and problems.
- **Valuable Appendices** contain the standardized language for the Nutrition Care Process from the International Dietetics & Nutrition Terminology (IDNT) Reference Manual.
- **New online student resources** include a Case Study engine, compelling videos, and a free student membership to the *Nutrition Today* journal.
- **New faculty resources** make the book a more effective teaching and learning tool.

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