



# Internet Guide to Medical Diets and Nutrition

*Lillian Brazin*

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## **Internet Guide to Medical Diets and Nutrition** Lillian Brazin

Don't waste your time with health and diet Web sites that don't work

The Internet provides unlimited resources that make it easy to learn about various diets, weight-loss programs, and weight-reduction procedures. But with so many sources, which ones can you trust for information that's safe, accurate, and up-to-date? The Internet Guide to Medical Diets and Nutrition saves you time, trouble, and effort in your search for Web sites that offer the facts about diet programs and nutrition philosophies that meet your health, medical, or religious needs.

The Internet Guide to Medical Diets and Nutrition helps you filter out Web sites that offer little, if any, real help in maintaining special diets that address specific diseases (low protein, high calcium, low gluten, hypoallergenic, diabetes, cancer, anemia, etc.), religious or philosophical mandates (Hindu, kosher, vegan, Muslim, macrobiotic, etc.), or commercial regimens (Atkins™, Weight Watchers®, NutriSystem®, etc.), or provide answers to questions about bariatric surgery (gastric bypass, stomach stapling, etc.). This invaluable reference resource teaches you how to locate Web sites recommended to you, how to evaluate the information you find there, how to research a particular diet or health concern, how to choose and use the right search engine, the significance of domains in Web addresses, and how to observe proper etiquette when participating in Internet discussion groups.

Topics examined in the Internet Guide to Medical Diets and Nutrition include:

- general diet and nutrition Web sites
- Web calculators (Body Mass Index, exercise, calories, weight-maintenance, healthy weight)
- the nutrient content of foods
- food labels
- non-surgical weight-loss Web sites
- caloric restrictions
- hypnosis
- weight-loss centers and workshops
- weight-loss surgery Web sites
- Web sites for specific medical conditions
- vegetarianism
- recipes
- online discussion groups
- and much more!

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