

Diet Prescription Pads



[Diet Prescription Pads 下载链接1](#)

著者:Anatomical Chart Company

出版者:Lippincott Williams & Wilkins

出版时间:2006-4

装帧:Pap

isbn:9781587799228

This 50-sheet pad allows health professionals to write a "prescription" for their patients to take key steps in developing a healthier diet. Used during a visit or given as "homework," this sheet covers exercises and information to help the counseling process such as: coming up with ideas for reducing calories from the diet by substituting unhealthy food and drink with healthy choices; recognizing and addressing problem eating patterns; and keeping a food diary. This prescription is even more effective when combined with our Understanding Your Weight flipbook—a desktop counseling tool for addressing excess weight.

作者介绍:

目录:

[Diet Prescription Pads_ 下载链接1](#)

标签

评论

[Diet Prescription Pads_ 下载链接1](#)

书评

[Diet Prescription Pads_ 下载链接1](#)