

Learning Resources

Cholesterol Control: An Eaters Guide

Presents a practical, step by step guide to initiating healthy eating practices and maintaining them. Describes cholesterol and its dangers. Includes tips on lifestyle changes, shopping, eating out, and so forth.

Adult
30 minutes, order 1-6560-IN

The Dietitian's Role In Diabetes Management

Nutritional management of diabetes requires the dietitian to function as teacher, counselor, and nutritionist. Emotional support, education, and sound nutritional planning can allow diabetic patients to live successfully with their disease. This program reviews the behavioral, nutritional, and medical knowledge required of the dietitian.

Post Secondary - Advanced, Professional
30 minutes, order 1-5770-IN

Eating Well: The Low Sodium Diet

This cooking program, hosted by David Jackson and Elizabeth Quigley, chief dietician for the Eisenhower Medical Center in Rancho Mirage, California, addresses the use and abuse of sodium in our diets. Important points about reducing the amount of sodium we use are addressed, as well as some of the high sodium food products to avoid. Included are

A selection of video resources

demonstrations of how to prepare two low sodium dishes: lemon roasted game hen and low sodium marinara sauce.

Post Secondary - Advanced, Adult, Professional
17 minutes, order 1-5075-IN

Home Parenteral Nutrition

The provision of home parenteral nutrition is a nursing challenge. Procedures, formerly thought to be practical and safe only in the hospital, now can be adapted to home care. Factors that must be considered in preparing a patient for home parenteral care and the nurse's role in implementing the program are presented in this discussion.

Post Secondary - Advanced, Professional
30 minutes, order 1-5678-IN

The Hospital Food Services Series

The Hospital Food Services Series
Professional
minutes, order 1-60460-IN

The Menu Of Deception

Healthy Living: Road To Wellness Series

How safe is our food supply? Despite disease control, today's industrialization of food is posing new dangers to America's food supply. This eye-opening program helps students understand how the nutrient content of food is altered by modern food production practices and how nutrients are vital in preventing or promoting disease.

Ages 15 to 18, Adult
30 minutes, order 5-4960-IN

Population At Large

Healthy Living: Road To Wellness Series

Examines the widespread obsession to lose weight because of hype from the media and diet industry. Who stands to gain or lose will be questions for students to consider as they explore the diet explosion, the non-diet movement and the various causes behind society's preoccupation with weight. The health risks of weight-loss and social implications of obesity are discussed.

Ages 16 to Adult
30 minutes, order 5-4961-IN

Use Of Laboratory Values In Nutritional Assessment

Post Secondary - Advanced, Adult, Professional
54 minutes, order 1-6296-IN

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