



# **The Dental Hygienist's Guide to Nutritional Care (Stegeman, Dental Hygienist's Guide to Nutritional Care)**

*Cynthia A. Stegeman, Judi Ratliff Davis*

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**The Dental Hygienist's Guide to Nutritional Care, 4th Edition**, is specifically tailored to address relevant nutritional concerns for both practicing hygienists and dental hygiene students alike. Written by an author team with experience in both disciplines, this full-color text offers a balanced and comprehensive view of how nutrition affects dental health. In addition to basic nutritional advice relevant for dental hygienists, coverage also includes current nutritional concerns, such as high-protein diets, bottled water versus tap water, the latest *Dietary Guidelines for Americans*, and the new (ChooseMyPlate.gov graphic and food guidance system. A new chapter on biochemistry expands coverage of a topic that is addressed on the dental hygiene board exam. No other nutritional guide in dental hygiene offers so much!

- **NEW! Biochemistry chapter** provides foundational concepts that support content throughout the book and also address coverage on the National Board Dental Hygiene Examination (NBDHE).
- **NEW! Updated coverage** includes new content on fluoride, vitamin D, calcium, the latest *Dietary Guidelines for Americans*, the new ChooseMyPlate.gov graphic and food guidance system, and the latest research in this dynamic field.
- **NEW! Full-color photographs and illustrations** showcase current federal guidelines and exemplify the types of foods that supply various macro- and micronutrients.
- **NEW! Practice quizzes** allow you to test your comprehension along with instant feedback and remediation to address strengths and weaknesses.

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