Library of Congress Cataloging-in-Publication Data
Dudek, Susan G.
Nutrition essentials for nursing practice / Susan G. Dudek.—5th ed.
p. cm.
Includes bibliographical references and index.
RM216. D8627 2006
615.8′54—dc22
2004020115

Care has been taken to confirm the accuracy of the information presented and to describe generally accepted practices. However, the authors, editors, and publisher are not responsible for errors or omissions or for any consequences from application of the information in this book and make no warranty, express or implied, with respect to the content of the publication.

The authors, editors, and publisher have exerted every effort to ensure that drug selection and dosage set forth in this text are in accordance with the current recommendations and practice at the time of publication. However, in view of ongoing research, changes in government regulations, and the constant flow of information relating to drug therapy and drug reactions, the reader is urged to check the package insert for each drug for any change in indications and dosage and for added warnings and precautions. This is particularly important when the recommended agent is a new or infrequently employed drug.

Some drugs and medical devices presented in this publication have Food and Drug Administration (FDA) clearance for limited use in restricted research settings. It is the responsibility of the health care provider to ascertain the FDA status of each drug or device planned for use in his or her clinical practice.
To my son “Fwis” and my dad “Bop”—for everything beautiful you brought to my life. May you find joy with each other until I find you again.
Donna Brodski, RN, MSN  
Assistant Professor, Nursing  
Cuyahoga Community College  
Parma, Ohio

Freda Kilburn, RN, DSN  
Professor of Nursing  
Morehead State University  
Morehead, Kentucky

Patricia B. Lisk  
Instructor  
Augusta Technical College  
Augusta, Georgia

Pamela Y. Mahon, PhD, RN  
Associate Professor of Nursing  
Kingsborough Community College  
of the City University of New York  
Brooklyn, New York

Donna Nayduch, RN-CS, MSN, ACNP  
Regional Trauma Director  
Banner Health  
Greeley, Colorado

Marsha L. Ray, RN, MSN  
Associate Degree Nursing Faculty  
Shasta Community College  
Redding, California

Mary Margaret Spica, RN, BSN, MSN, CSE  
Faculty Instructor  
Christ Hospital School of Nursing  
Cincinnati, Ohio
This book is the product of combined efforts by many dedicated and creative professionals at Lippincott Williams & Wilkins. I humbly acknowledge that because of their support and talents, I am able to do what I love—write, create, teach, and learn. I especially thank:

- Quincy McDonald, Senior Acquisitions Editor, who provided the spark to ignite the project. His vision and energy shaped the direction and set the tone.
- Dana Irwin, Managing Editor, for her meticulous attention to detail. I am grateful that she saw things I didn’t notice and asked questions I didn’t think of.
- Tom Gibbons, Senior Production Editor, and the production staff for their creative and artistic genius.
- The reviewers of the fifth edition chapters, whose thoughtful comments and suggestions helped guide the evolution of this text into a new and improved edition.
- My friends, who gave me the space and time to focus on the all-consuming task of writing.
- My children, who made sacrifices so I could “work on the book”: Chris, Kait (my pink princess of power), and Kara (aka Moochie), the collective sunshine of my life.
- And most especially my husband, Joe. Thanks for being here—literally and figuratively.