



# Nutrition Counseling and Education Skill Development

*Kathleen D. Bauer, Doreen Liou, Carol A. Sokolik*

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**Nutrition Counseling and Education Skill Development** Kathleen D. Bauer, Doreen Liou, Carol A. Sokolik

This book is a step-by-step guide to the fundamental skills of nutritional counseling strategies and protocol, complimented by action-based worksheets and practical case studies. The authors provide a solid foundation of counseling and education principles, opportunities to practice new skills, and knowledge of evaluation methodologies.

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