



# Nutritional Assessment

*By Robert D Lee, David C. Nieman, David Nieman*

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This text describes the four major methods of nutritional assessment (dietary, anthropometric, biometric, and clinical) in an understandable and contemporary way. It thoroughly covers assessment of the hospitalized individual, but also serves as an invaluable resource to the nutrition professional working in such areas as public health and community nutrition, corporate health, and sports medicine.

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## **Editorial Review**

### **About the Author**

David Nieman is a professor of health and exercise science, and director of the Human Performance Lab at Appalachian State University in North Carolina. His research focus during the past twenty years has been exercise immunology, with a secondary emphasis on sports nutrition, obesity, aging, and nutritional assessment. Dr. Nieman has more than 200 peer-reviewed publications in journals and books and is a member of eight journal editorial boards including his role as a section editor for Mosby's YearBook of Sports Medicine. He is the author of nine books on exercise, nutrition, and health. Dr. Nieman sits on the medical advisory board for the Bally Total Fitness Corporation, served two terms as president of the International Society of Exercise and Immunology, and was elected as a basic and applied science trustee for the American College of Sports Medicine. Dr. Nieman has run 58 marathons and ultramarathons, and was an acrobatic gymnast and coach for 10 years. His marathon PR is 2:37, and he has run the Pikes Peak Marathon twice, with a 16th place finish.

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