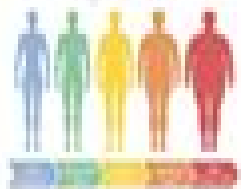


Body Composition Assessment in Nutrition and Clinical Practice

The assessment of nutritional status and body composition has major relevance to determine the presence of increased risk for nutrition-related conditions.

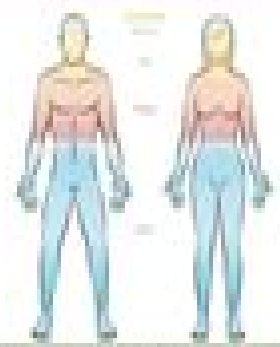


An increased body mass index is positively associated with various cardiovascular and metabolic diseases.

Osteoporosis can occur from inadequate calcium and vitamin D intake and are associated with aging.



Dietitians are tasked with identifying and treating various nutrition-related diseases through dietary intervention.



However, many different methods of body composition assessment exist today making it difficult to determine which is most appropriate for a given situation.

Because of the strong relationship between body composition and health, it is important that healthcare professionals have a comprehensive understanding of the different assessment methods available and the strengths and limitations of each one.



 Skinfolds	 Bioelectrical Impedance Analysis	 Air displacement plethysmography
 Dual x-ray absorptiometry	 Magnetic Resonance Imaging	 Hydrostatic Weighing

Advances In Body Composition Assessment

RS Peters



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