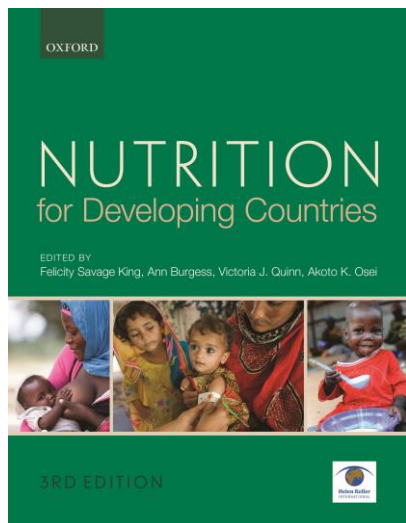


# Nutrition for Developing Countries 3<sup>rd</sup> edition

Oxford University Press

Edited by Felicity Savage King, Ann Burgess, Victoria J. Quinn and Akoto K. Osei

ISBN 978-0-19-968522-6, 400 pages, published October 2015



Nutrition is an essential component of the work of all health and community workers, including those involved in humanitarian assistance. This fully revised and updated third edition of *Nutrition for Developing Countries* has been prepared by an international team with extensive field experience in Africa and Asia. Using clear, simple language and many illustrations it brings together the essential basics of nutrition in a way which is accurate, up-to-date, and suitable for a wide range of readers.

The book explains nutrients, nutrient needs, meal planning, and how to ensure good nutrition over the life cycle - during pregnancy, infancy and childhood, adolescence, and adulthood, including old age. Emphasis is given to the most vulnerable periods especially the first 1000 days from conception to the second birthday. It addresses the causes, diagnosis, prevention and treatment of undernutrition, and micronutrient deficiencies, as well as the growing epidemic of overnutrition and obesity, which is a leading cause of non-communicable diseases.

*Nutrition for Developing Countries* covers food and nutrition security, and describes Essential Nutrition Actions including breastfeeding, and complementary feeding. It explains how to work with households and communities so that they can keep well nourished, and manage their nutrition challenges. It gives many ideas for nutrition training. Appendices include recommended nutrient intakes, food composition tables, anthropometric standards, and useful websites.

## Buying options:

### 1. Paperback

From Oxford University Press (OUP): full price - UK£34.99 and US\$59.50 + postage

See <https://global.oup.com/academic/product/nutrition-for-developing-countries-9780199685226>

**Payment options:** Most credit or debit cards. Also cheques, postal orders or bankers' drafts but these take longer.

### Discounted price until 31 March 2017:

A 30% discount is available from the OUP website until 31<sup>st</sup> March 2017 for up to 10 copies of the book to all individual (non-trade) customers. To claim it go to the website and enter the promotional code AMPROMD9. Postage charges/delivery times vary by your location. It is cheaper to order several books as one order than separately. Order online using a credit or debit card, or call +44 (0) 1865 452640 and ask to pay by cheque or postal order - you need quote the promotional code.

*Example of discounted price for UK/sterling online orders: £24.49 + postage (UK£3, EU £5, world £7).*

### Discounts on bulk orders:

For discounts on orders of more than 10 copies and postal charges contact [richard.church@oup.com](mailto:richard.church@oup.com)

### Other paperback distributors

The book is also available from [Amazon](#) £33.24 + postage; [The Book Depository](#) £33.24 free delivery worldwide; and [Teaching-aids At Low Cost \(TALC\)](#) £26.95 + postage (one copy: UK £5.80, EU £10.20, world £17.70; multiple copies are less. E.g. world: 10 copies £50.30).

**Payment options:** All distributors accept most well-known credit and debit cards. The Book Depository and TALC accept PayPal; contact [TALC](#) if you want to pay by bank transfer or cheque.

### 2. e-book

The e-book is available from [several sources](#) including [Amazon](#) ~£32 but not OUP.

### 3. Online book

The [online book](#) is available from OUP on annual subscription to libraries and institutions. Pricing varies by size of institution, number of users, etc. Concurrent user and unlimited access pricing options are available. See [subscription details](#)

**Note: Check cost and postage details before ordering as these can change.**