



Ultimate Cooking Companion for At-Home Caregivers

Mary Ellen Capron MS RD, Elana Zucker

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This unique on-the-job reference is designed to assist homemaker/home health aides as they plan and cook meals, assist clients and families with feeding, and model the very best nutritional related practices so that a nutritionally sound atmosphere is established and can be maintained when the aide is no longer in the home. Providing both reference material and practical “how to” information in easy-to-read, table-and-chart format, it features a collection of tested recipes geared to simple, basic fare—which can be individualized to include ethnic preferences, age-related preferences, and economic circumstances. Each recipe presents all information on one page in a typeface which is easy to read for caregivers of all ages. Provides information relating to the preparation of the dish—including preparation time and time-saving tips, basic preparation steps, suggestions for changes associated with age, physical limitations, cultural requirements, calorie and fat content, and storage suggestions. Both safety and convenience are highlighted throughout. Basic Nutrition. Food Supplements, Herbal supplements, Vitamins. Feeding a Client. Cultural Aspects of Food. Household Staples. Storage of Food. Shopping for Food and Using the Food Label. Sodium Restricted Diets. Fat and Cholesterol Restricted Diets. Diabetic Diets. Low Residue Diets. Food and Drug Interactions. Management of GI Disturbances. Recipes for Soups, Entrees (Beef, Poultry, Fish, Meatless), Vegetables, Rice, Potatoes, Pasta, Fruit, Eggs and Cheese, Salads, Sandwiches, Beverages, Snacks. Micronutrients. For Homemaker/Home Health Aides. **Previously announced in the 7/02 catalog.**

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