It is rare that a patient seen in a primary care office today for any chronic illness does not have as a part of their care plan some type of nutritional recommendation or counseling. Yet, how often are we able to provide the appropriate amount of time and/or expertise necessary to truly educate and engage our patients to understand as well as engage in dietary changes that will impact their health?

Our patients are exposed to information related to the size of their soft drinks in order to limit the amount of simple carbohydrates they consume, removal of “trans fats” from the products they purchase because they are “bad,” and recommendations to consider an increase in their daily intake of antioxidants in order to protect against free radical damage. But, do they truly understand the impact this will have on their diabetes management, secondary prevention for their coronary artery disease, or potential reduction in their risk of certain malignancies? Likely not.

In this issue of Medical Clinics of North America, Drs Kahan and Kushner lead an impressive list of authors who provide evidence-based medicine to enhance our knowledge of nutrition as it pertains to various medical conditions in our patients. More importantly, however, they provide what they have titled a “practice-based” approach that takes it beyond the nutritional sciences to the practical application that one can incorporate in the busy clinical setting.
So, grab a bag of chips and pretzels—I mean walnuts and raisins—and take advantage of this exceptional collection of articles directed at “Practice-Based Nutrition Care.”

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