



Nutrición y salud (Spanish Edition)

Rosa Isabel Esquivel Hernández, Silvia María Martínez Correa, José Luis Martínez Correa

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El objetivo principal de Nutrición y salud es poner al alcance de los estudiantes del área de la salud, el tema de la nutrición desde una perspectiva integral con énfasis en la relación que guardan ésta y la salud.

Proporciona información sobre temas que abarcan generalidades de los nutrimentos, tablas de valor nutrimental, así como su aplicación a modelos de dietas, descripción de los nutrimentos y sus recomendaciones.

En la tercera edición de Nutrición y salud los autores realizaron la actualización en los temas de mayor interés como la situación alimentaria en México, además incluyeron nuevos conceptos de los trastornos de la conducta alimentaria como vigorexia, megarexia, ortorexia, diabulemia, pica y atracón.

Nutrición y salud es una obra que dirigida a alumnos de ciencias de la salud a nivel de pregrado que buscan información actualizada sobre la situación alimentaria de nuestro país y conceptos importantes de los trastornos de la conducta alimentaria.

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