COMENTARIO DE LIBROS

Advancing dietetics and clinical nutrition (2nd ed)
Autores: Anne Payne , Helen M. Barker
Año de edición: 2010
Editorial: Churchill Livingstone
Encuadernación: rústica, 424 p.
Precio: 48,53 euros

Este libro constituye un abordaje comprensivo de los aspectos fisiológicos y fisiopatológicos más relevantes, la terapia alimentaria y el uso dietético más adecuado a cada especialidad médica, cubriendo así todas las áreas terapéuticas. La primera sección trata de la planificación clínica, el cuidado centrado en el paciente, la toma de decisiones clínicas y el desarrollo de la práctica clínica, basándose en las evidencias. La segunda sección trata la práctica clínica avanzada y describe detalladamente 18 condiciones clínicas o áreas dietéticas: el control de entrada de alimentos y absorción de sustancias nutritivas, interacciones nutriente-medicamentos, la alergia a los alimentos, intestino irritable y el cáncer colorrectal, el síndrome de intestino corto, la nutrición enteral, la nutrición parenteral, desarrollos en termorregulación, la nutrición y la enfermedad hepática, el virus de inmunodeficiencia humana, las curas paliativas, la enfermedad renal, la diabetes, la obesidad, las enfermedades cardiovascular y cerebrovascular, las condiciones neurológicas y la salud mental. Cada capítulo concluye con una sección sobre posibles descubrimientos futuros en cada especialidad, proporcionando ideas en los temas más candentes, lo cual convierte este texto en esencial para todo el que desee trabajar en el terreno de la dietética y la nutrición clínica.

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Dimensions of food (7th ed)
Autores: Vickie A. Vaclavik, Marcia H. Pimentel, Marjorie M. Devine
Año de edición: 2010
Editorial: CRC Press
Encuadernación: rústica, 360 p.
Precio: 64,89 euros

Al igual que sus precursores, la séptima edición de Dimensions of Food anima a los lectores a convertirse en participantes interactivos en el entendimiento de las propiedades...
físicas, químicas y funcionales y estructurales de compo-
mentes de alimentos, incluidos la conexión entre la prepa-
ación concienzuda de alimentos, su palatabilidad y comer-
sano. Con una riqueza de preguntas, cartas para completar
y ejercicios prácticos, permite a los lectores explorar y de-
sarrollar un entendimiento más profundo de los alimentos
y la forma en que podrán maximizar cada una de sus propias
experiencias culinarias. La primera parte conduce a los lec-
tores por el tratamiento y manipulación de los alimen-
tos, desde el punto de vista alimenticio, palatabilidad, salud,
nutrición y la tipología del tratamiento. La segunda parte
proporciona un número de demostraciones y ejercicios
que ayudarán a desarrollar un entendimiento básico de las pro-
piiedades funcionales y estructurales de una variedad de
grupos de alimentos, que incluyen almidones, frutas y ver-
duras, huevos, lechería, carne, volatería, pescado, grasas
y aceites, azúcares y productos al horno. La tercera parte
centra su atención sobre la conveniencia moderna de cocin-
a microondas, detallando procedimientos eficaces para
cocinar, nueva calefacción y descongelación. La cuarta par-
te da a los lectores la oportunidad de aplicar creativamente
los principios de selección de los alimentos para preparar
comidas que, personalmente, nutritiva y prácticamente,
les satisfagan. El libro se ha diseñado con páginas perfora-
das, un espacio suplementario para lecciones especializadas
d y para que el usuario introduzca sus propias referencias
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