

Staying Healthy with Nutrition: The Complete Guide to Diet & Nutritional Medicine

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Abstrak

Deals with diet and nutritional medicine. Gives a detailed analysis of the "building blocks" of nutrition--water, protein, fat, carbohydrates, vitamins and minerals--and their uses in medicine; discusses every food group and evaluates diets from around the world; provides information to help readers create their own individualized ideal diet, including seasonal recipes and daily plans for food consumption and activities; and contains specific nutritional therapies for enhancing all stages of life and treating many common diseases and conditions.