



# Calidad de vida, alimentos y salud humana: 1 (Spanish Edition)

*José Bello Gutiérrez*

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El presente libro ha sido elaborado con el propósito divulgativo a la vez que didáctico, de ofrecer una visión clarificadora del conjunto de conocimientos disponibles acerca de las posibles relaciones detectadas entre los alimentos que se consumen y el estado de salud de las personas. Se inicia con una introducción en la que se desarrolla la evolución de las culturas alimenticias, seguidas de diez capítulos en los que se contemplan las propiedades de los alimentos desde diversos puntos de vista: la oferta alimenticia actual; las consecuencias beneficiosas derivadas del consumo de algunos alimentos; los efectos nocivos de otros; la descripción de los alimentos calificados de saludables; principales materias alimenticias con efectos promotores o protectores de la salud. INDICE: Los alimentos. La oferta alimenticia actual. Uso nutricional y saludable de los alimentos. Principales enfermedades de origen alimentario. Alimentos saludables. Principales materias alimenticias con efectos protectores de la salud. Alimentos promotores de la salud.

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