

Tabla De Calorias

Linda P. Case

Tabla de calorías y grasas Ulrich Klever, 2012-03 Calorías y contenido en grasas de alimentos, de platos y productos preparados para disfrutar de la comida vigilando tu peso

Tabla de calorías Ph Dorosz, 1998 Valor calórico y contenido en proteínas, grasas e hidratos de carbono de los 1.500 alimentos y bebidas más comunes

NUTRICIÓN PARA LA SALUD LA CONDICIÓN FÍSICA Y EL DEPORTE (Bicolor) Melvin H. Williams, 2002-09-13 El profesor emérito Melvin H. Williams, obtuvo su título en Educación Física en la Universidad de Maryland. Ingresó en la facultad de la Universidad Old Dominion en Norfolk, Virginia, donde creó el Laboratorio de Rendimiento Humano y el Instituto Wellness y el Centro de Investigación dentro del Departamento de Ciencias del Ejercicio, Educación Física y Entrenamiento. Su principal objetivo de investigación ha sido la influencia de la asistencia ergogénica nutricional, farmacológica y fisiológica en el rendimiento físico. Además de escribir cinco ediciones del conocido Nutrición para la Forma Física y el Deporte -actualmente titulado Nutrición para la Salud, la Forma Física y el Deporte. También es el editor fundador de la revista International Journal of Sport Nutrition.

Tabla de alimentos bajos en grasas Silke Bromm, 2009 Los alimentos "low fat" para una alimentación equilibrada que te permitirá adelgazar de una forma natural, sin perder la salud ni pasar hambre

Fundamentals of Clinical Nutrition Sarah L. Morgan, Roland L. Weinsier, 1998 Written mainly for medical students and residents in training, this book is intended to complement medical training by emphasizing the relevance of nutrition to medical practice and to heighten awareness of nutrition as a medical specialty that is important for both disease prevention and the treatment of diseases of essentially every organ system. Topics covered include lifestyle, diet, and disease; nutrients and the metabolic process; nutrition and the hospitalized patient, etc.

Química, 2005 CONTENIDO: Introducción a la química - Sistema de medidas - Materia y energía - La estructura del átomo - Clasificación periódica de los elementos - Estructura de los compuestos - Nomenclatura química de los compuestos inorgánicos - Cálculos que comprenden elementos y compuestos - Ecuaciones químicas - Cálculo en las ecuaciones químicas. Estequiometría - Gases - Líquidos y sólidos - Agua - Disoluciones y coloides - Ácidos, bases y ecuaciones iónicas - Ecuaciones de oxidación-reducción y electroquímica - Velocidades de reacción y equilibrio químico - Química orgánica - Química nuclear.

Estrategias Para Adelgazar Lina Antony De Jovanovich,2008-02-21 Este libro le ayuda a aumentar su autoestima, a verse y sentirse como lo que es: UNA PERSONA UNICA; a reforzar su proyecto de adelgazar; le hace conocer a fondo las causas y las consecuencias de la obesidad y le ayuda a prepararse para poder cambiar su conducta respecto a la alimentacion, y asi, alcanzar un peso saludable y mantenerlo para toda la vida.

Fundamentos de alimentación saludable Gladys Velasquez de Correa,2006

EL LIBRO COMPLETO DE LOS ABDOMINALES Kurt Brungardt,2008-05-15 Cualquiera que se dedique a la gimnasia sabe que los ejercicios de abdominales han dejado atrás a las clásicas abdominales de toda la vida. Toda una nueva generación de ejercicios y aparatos, ideados para el rendimiento máximo, han llevado el desarrollo de los abdominales a unos niveles de sofisticación y tonificación que todo el mundo desea para su cuerpo. Pero... ¿cómo agrupar los ejercicios en una sesión para las necesidades y estado anímico de cada cuál? El Libro completo de los abdominales lo explica: - El primer libro de abdominales para todo el mundo, desde los principiantes hasta los profesionales del fitness - Más de 100 ejercicios, desde flexiones y levantamientos hasta las últimas técnicas -como el sacacorchos y las elevaciones de rodillas estando colgado-, extraídos de diversas fuentes entre las que figuran gimnasios, yoga y artes marciales. - Incluye el sistema quince minutos al día para unos abdominales perfectos que en seis meses transforma un estómago no desarrollado en otro en el que se marcan todos los músculos. - Decenas de combinaciones nuevas y favoritas de los entrenadores y culturistas más famosos. - Cómo convertirse en entrenador de uno mismo y preparar las sesiones. - Información actualizada sobre dietas y nutrición, incluyendo un modelo para maximizar el rendimiento de la unión entre dieta y ejercicios.

25 Dietas Exitosas Pablo Rey Brus,2007

Nutriología Medica A02,2012

Pierde Peso, Invierte En Salud Juan Madrid Conesa,2006-12

Sepa Cómo Hacer Su Propia Dieta Marta G. Stahler,Patricia Cooke,2007 RESUMEN: Presente todas las herramientas para aprender a combinar los alimentos y poder, así, diseñar nuestra propia dieta, según nuestros gustos y necesidades. Incluye recetas.

Bioquímica Antonio Peña Díaz,1980 CONTENIDOS : Átomos, iones y moléculas, componentes de los seres vivos - El agua, componente principal de los seres vivos - Las proteínas, maquinaria de la vida - Los lípidos - Los carbohidratos, almacenes de energía solar - Los ácidos nucleicos, moléculas de la herencia - Las enzimas : aceleradores de las reacciones bioquímicas - Bioenergética - Los caminos metabólicos de los carbohidratos - Los camino metabólicos de los lípidos - Metabolismo de los aminoácidos: producción de energía y síntesis de aminos y otros compuestos nitrogenados - La información genética - Rearreglos genéticos - La célula y el organismo: interacciones celulares internas y externas - Las bases bioquímicas de la nutrición.

LA GUÍA DE NUTRICIÓN DEPORTIVA DE Nancy Clark Nancy Clark, 2006-03-28 Aumente su energía, reduzca el estrés, pierda grasa corporal, desarrolle músculo y mejore su rendimiento con esta guía de nutrición deportiva, traducción de la tercera edición en inglés revisada y ampliada y un éxito de ventas sin precedentes. La guía de nutrición deportiva de Nancy Clark proporciona soluciones prácticas para comer y sentirse bien, controlar el peso, disponer de energía durante toda la jornada y disfrutar con la comida aunque se lleve un estilo de vida estresante y se disponga de poco tiempo para comer y preparar la comida. Dirigida tanto al deportista de elite como a la persona que realiza actividad física de forma esporádica pero desea alimentarse correctamente. El libro incluye más de 70 recetas de platos sabrosos y saludables, fáciles y rápidos de preparar. La nutricionista deportiva más conocida de EE.UU. indica cómo obtener el máximo beneficio de los alimentos que se eligen, enseña a desarrollar una dieta sana y apropiada para conseguir un equilibrio entre el peso y la actividad -sin vivir obsesionados por lo que se come- y, explica de manera clara y precisa qué comer antes de realizar actividad física y cómo alimentarse después para conseguir una recuperación óptima. También presenta información actualizada sobre las comidas, las bebidas y los suplementos para el deporte que existen en la actualidad, y explica cuáles son mejores -y por qué-, basándose en el gasto de energía de cada persona. Asimismo, el lector encontrará orientación sobre las dietas alternativas que están de moda, como la dieta Zona, la de Atkins, la termogénica y la Ultra Slim Fast. Nancy Clark es la directora de los servicios nutricionales de Sports Medicine Associates en Brookline, Massachussets, una de las clínicas de lesiones deportivas más grandes de la zona de Boston (EE.UU.). Dietista colegiada, especializada en nutrición para el deporte y práctica de ejercicio, control de peso, bienestar y enfoque nutricional de los trastornos alimentarios. Asesora a todo tipo de personas, desde deportistas esporádicos hasta atletas de competición. Escribe sobre nutrición en las publicaciones New England Runner, Adventure Cycling, Rugby y Active.com. Colabora regularmente con Shape y Runner's World. Además es autora de La guía de nutrición para maratonianos de Nancy Clark también publicado por Paidotribo.

MANUAL DEL CORREDOR DE COMPETICIÓN Bob Glover, Shelly-Lynn Florence Glover, 2005-04-25 Este manual sirve tanto para el corredor principiante como para el de elite. Los autores dividen a los corredores en categorías según sus tiempos de carrera por lo que el contenido del libro se adapta a las necesidades de cada grupo. El lector encontrará desde el entrenamiento de base con ejemplos de programas para correr distancias específicas, el entrenamiento de la velocidad con un programa simplificado de 12 semanas, hasta el entrenamiento específico para el maratón. Asimismo, se presentan directrices para la planificación del propio entrenamiento, indicaciones para la nutrición del deportista junto con la prevención de las lesiones y enfermedades más comunes entre los corredores. También se tratan los aspectos mentales del correr en competición como la determinación de objetivos, la motivación, las estrategias y tácticas de la carrera. El Manual del corredor de competición es un best-seller a nivel mundial con más de 200.000 ejemplares vendidos en lengua inglesa.

Revista industrial y agrícola de Tucumán, 1910

Fisiología Del Esfuerzo Y Del Deporte Jack H. Wilmore, David L. Costill, 2004

Nutrición Canina y Felina Linda P. Case, 2001-05 Obra que trata con exhaustividad todo lo que se necesita saber sobre la nutrición de perros y gatos. Esta segunda edición, totalmente actualizada, revisa: los principios básicos nutritivos necesarios a lo largo de las distintas etapas de la vida, los diferentes tipos de comida y prácticas alimentarias, para señalar la dieta más saludable, las dietas especiales más convenientes para animales con enfermedades nutricionales, como la diabetes, las enfermedades del tracto urinario en los felinos, algunos tipos de dermatosis, etc. Destacan los nuevos capítulos de salud y dieta, como nutrición y cáncer, fracaso renal agudo, etc., el capítulo de nutrición geriátrica, la inclusión de los recursos pedagógicos usados a lo largo de toda la obra y la inclusión de referencias bibliográficas totalmente actualizadas al final de cada sección. Esta segunda edición, totalmente actualizada trata con exhaustividad todo lo que se necesita saber sobre la nutrición de perros y gatos: los principios básicos nutritivos necesarios a lo largo de las distintas etapas de la vida, los diferentes tipos de comida y prácticas alimentarias, etc.

Principios de los procesos químicos .balances de materia y energia, VOL 1 Olaf A. Hougen, R. A. Ragatz, 1982
Consultar comentario general de la obra completa.

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