



# Nutricao e Saude: Como Fazer Escolhas Sensatas em Dieta e Nutricao (Portuguese Edition)

*Jose Augusto Bittencourt*

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Um guia nutricional pratico, fundamentado cientificamente nas mais recentes pesquisas, que lhe ajudara a escolher, de forma sensata, uma nutricao otimizada. Neste livro voce conhecera, atraves de uma abordagem cientifica, as caracteristicas e propriedades dos diversos alimentos e vitanutrientes, suas funcoes e efeitos no corpo, e como o organismo processa os alimentos que ingerimos. Voce descobrira as propriedades das boas gorduras e a importancia do colesterol para a saude, e aprendera como viver por mais tempo com saude e qualidade de vida. Este livro mostra-lhe tambem como: Escolher alimentos saudaveis que promovem bem-estar e uma otima saude. Identificar substancias alimentares nocivas ao organismo. Evitar alimentos que podem causar obesidade. Diminuir a gordura corporal e manter um peso saudavel. Proteger o organismo com vitanutrientes antioxidantes. Diminuir a producao de radicais livres no corpo. Utilizar suplementos de vitaminas, minerais e outros vitanutrientes. Diminuir os niveis sanguineos de glicose, colesterol e triglicerideos. Evitar a oxidacao do colesterol e outros lipideos. Reduzir o risco de doencas cardiacas e osteoporose. Evitar diabetes, hiperinsulinismo e resistencia a insulina. Fortalecer o sistema imunologico. Reduzir as chances de desenvolvimento de doencas degenerativas e cancer. Retardar os processos que levam ao envelhecimento celular. Melhorar seu desempenho fisico. Garantir longevidade, com saude.

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