



La dieta del diabetico y su cocina. Libro de divulgacion para diabeticos y familiares (Spanish Edition)

Josep M. Calvet, Glòria Baliu

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La alimentacion juega un papel sumamente importante en la vida de una persona diabetica. Por ello es preciso que el paciente y sus familiares conozcan algunos principios fundamentales de la nutricion y sepan aplicarlos en el día a día. Este libro le da las claves para lograrlo. En una primera parte, explica concisamente los criterios que determinan una dieta adecuada y presenta los componentes alimenticios-azucares, grasas y proteinas, vitaminas...-segun sus efectos y su utilizacion en la cocina del diabetico. Asimismo aborda algunos aspectos concretos, como la dieta para ni?os y mujeres embarazadas que tienen diabetes, y presenta las dietas mas habituales. La segunda parte ofrece un recetario que propone al paciente un abanico de platos sanos y sabrosos, faciles de elaborar en casa. Va acompa?ado de un apartado de consejos practicos sobre como preparar y cocer diversos alimentos, que utensilios se necesitan y con que hierbas y especias se pueden aromatizar las comidas. De esta forma, el paciente y sus familiares encontraran en este libro la informacion que necesitan para adaptar sus costumbres culinarias de manera apetecible y eficaz a las necesidades del diabetico.

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