

Dieta De 1000 Calorias Diarias

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Nutrición y Salud - University of Pittsburgh Las últimas diapositivas muestran la aplicación práctica de como los nutrientes están presentes en nuestra alimentación diaria y en qué porcentaje los cereales son necesarios. Presentación de PowerPoint Construir en conjunto un significado. ¿Cuáles son las principales enfermedades causadas por la alimentación? ¿Cuáles son los macronutrientes? ¿Qué es un micronutriente? Menciona 3 de los micronutrientes más importantes. ¿Qué es la desnutrición? Menciona las características de una dieta correcta. ¿Qué es el alcoholismo y el tabaquismo? **El Plato del buen comer o Plato del bien comer** La identificación de los tres grupos de alimentos. La combinación y variación de la alimentación. La selección de menús diarios con los tres grupos de alimentos. El aporte de energía y nutrientes a través de la dieta correcta. **CONCEPTOS GENERALES DE ALIMENTACION Y ...** La dieta antes, durante y después del ejercicio físico. Los suplementos, las ayudas ergogénicas y doping. **WUFFDA - University of Georgia** La siguiente tabla ilustra una típica matriz activa para una dieta de pollos de engorde. Preparación de la Matriz Activa de Ingredientes Transfiera de la composición nutritiva de los ingredientes a utilizar de la matriz de almacenamiento a la matriz activa. PowerPoint Presentation Regimes alimentares especiais: tipos de dieta (ex.: vegetariana, ovo-lacto-vegetariana, etc.); diferentes idades/estados fisiológicos; actividade física; problemas de saúde (ex.: deficiências metabólicas), etc. Nutrição complementar: alimentos funcionais e suplementos alimentares. **Presentación de PowerPoint** Cinco porciones de fruta (400 g). Incluir verduras en todas las comidas. Legumbres: arveja, frijol, lenteja, garbanzo. Cereales integrales: maíz, avena, trigo, arroz, etc. **Comunión y Misión. INTRODUCCIÓN.** Cocinar al vapor o hervir en lugar de freír. Consumir menos de 5 ...

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