

# Dieta Medica Scarsdale Pdf

**Tobias Bleicker**

CONCEPTOS GENERALES DE ALIMENTACION Y ... La dieta antes, durante y después del ejercicio físico. Los suplementos, las ayudas ergogénicas y doping. **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. ... **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 ... **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 ... *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. 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 ... 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 ...

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