

Sistema Mexicano De Alimentos Equivalentes

Roberto Martínez y Martínez

Sistema mexicano de alimentos equivalentes Ana Berta Pérez Lizaur,Leticia Marván Laborde,Berenice Palacios González,Fomento de nutrición y salud,200?

Nutriología Médica A02,2012

Sistema Mexicano de Alimentos Equivalentes Ana Bertha Pérez Lizaur,Berenice Palacios González,Ana Laura Castro Becerra,Isabel Flores Galicia,2014

De tacos, trotes, siestas y otras fiestas Elizabeth Noriega,2009

Manual de nutrición en diabetes para profesionales de la salud Edith Milena Álvarez Martínez,2024-02-21 El manual de nutrición para educadores en diabetes es una importante contribución a los programas de educación en diabetes por su carácter práctico y amplia documentación desde el punto de vista científico. No hay duda de su utilidad para todos los profesionales de la salud y para quienes específicamente están en formación de la disciplina de educación en el automanejo de la diabetes, e incluso para algunos pacientes que al comprender mejor su enfermedad pueden tener un mejor cumplimiento del manejo médico nutricional. Desde el principio de la obra se establecen con claridad los aspectos básicos de la nutrición y alimentación, puntualizando de manera práctica las funciones de los macronutrientos y micronutrientos y sus efectos en el metabolismo. En otra sección se desglosan los indicadores clínicos, bioquímicas, antropométricos, dietéticos del estado nutricional, emocionales y del estilo de vida, necesarios para la evaluación del estado nutricional como preámbulo del enfoque nutricional de los pacientes con diabetes. Se describen además las metas y objetivos de la terapia nutricional para los pacientes con diabetes tipo 1 y tipo 2, así como de grupos especiales entre los que se incluyen el adulto mayor y la mujer con embarazo. En otros capítulos se describen el diseño del plan de alimentación, el cálculo de los requerimientos calóricos, la distribución y equilibrio de los nutrientes, porcentajes de adecuación y patrones de distribución de alimentos. El conteo de hidratos de carbono y la lectura de etiquetas como herramientas indispensables en la actual terapia con insulina intensificada, son otros aspectos que cubre este manual.

Repurposed Drugs Targeting Cancer Signaling Pathways: Clinical Insights to Improve Oncologic Therapies Alma D. Campos-Parra,Carlos Pérez-Plasencia,Teresita Padilla-Benavides,Eduardo López-Urrutia,2021-08-26

Elementos fundamentales en el cálculo de dietas Claudia Ascencio Peralta,2024-10-31 En la tercera edición de

Elementos fundamentales en el cálculo de dietas continúa vigente una metodología que permite calcular dietas en cuestión de minutos, con muy bajo nivel de error, adaptada e individualizada a las necesidades del paciente tomando en cuenta no sólo su condición clínica, sino también su estilo de vida y lo más importante, diseñada por el lector. Al utilizar de manera exclusiva los grupos básicos de cálculo incluidos en el Sistema Mexicano de Alimentos Equivalentes, la metodología promueve el consumo de alimentos naturales o mínimamente procesados y una gran variedad de alimentos, tal y como lo promueve el actual Plato del bien comer sostenible y sustentable. Es tan precisa la metodología que los porcentajes de adecuación son 50% menores a los recomendados en textos de nutrición. También permite distribuir y fraccionar la dieta en diferente número de tomas y proporción de energía para adecuarse a las necesidades del individuo, incluyendo las dietas por vía oral y los apoyos nutricios enteral y parenteral. Esta obra recopila información sobre diferentes fórmulas de cálculo de energía, explica cómo fueron estructurados los grupos de alimentos del sistema de equivalentes y la aplicación específica de cada uno; la traducción de raciones equivalentes en menús de ejemplo para conformar los planes de alimentación; el cálculo de dietas hiposódicas; el conteo de carbohidratos para el control de la glucemia; la utilidad de emplear el mini cuadro dietosintético para el cálculo de apoyo nutricio y profundiza la información de los nutrientes no energéticos, especialmente de las vitaminas y los nutrientes inorgánicos. La obra incluye mayor cantidad de ejemplos y ejercicios de comprensión del tema, así como un cuadro sinóptico al final de cada capítulo para ayudar al lector a visualizar la información más importante en forma organizada y sencilla, para así comprenderlo mejor. El uso de la metodología propuesta en esta obra permite emplear menos tiempo en el cálculo de dietas y la elaboración de planes de alimentación individualizados y mejora las actividades académicas y profesionales del lector.

Factores asociados con sobrepeso y obesidad en el ambiente escolar Guillermo Meléndez, 2008 Refleja los factores que inciden en el sobrepeso y obesidad en la población escolar. El interés se centró en identificar aquellos factores que influyen en el niño para ir ganando peso desde que entra el primer grado de la educación primaria hasta que deja el sexto grado. En los menores de cinco años el fenómeno de obesidad es prácticamente mínimo y algo sucede, cuando el escolar llega a la primaria y empieza a socializar: cambian sus hábitos de alimentación y empieza a ir ganando peso progresivamente.

Applications for Future Internet Enrique Sucar, Oscar Mayora, Enrique Muñoz de Cote, 2016-12-05 This book constitutes the refereed proceedings of the International Summit on Applications for Future Internet, AFI 2016, held in Puebla, Mexico, in May 2016. The 21 papers presented were carefully selected from 29 submissions and focus on the usage of Future Internet in the biological and health sciences as well as the increased application of IoT devices in fields like smart cities, health and agriculture.

The Role of Nutrition in Integral Health and Quality of Life Jesús Alberto García-García, Julio Cufarfán-

López,Cristóbal Noé Aguilar,2024-02-13 Achieving integral health is a challenge that necessitates a diversified approach from different disciplines to achieve a coordinated impact on people's health. Food and nutrition form an essential part of this approach. This new book explores some important advances in the role of nutrition in integral health and quality of life, laying special emphasis on the challenges that humans face in this era of sedentary lifestyles, diseases associated with food consumption, and social, economic, environmental, and cultural crises. The volume discusses interdisciplinary approaches to nutrition, focusing on nutrition for children, the impact of nutrition on chronic noncommunicable diseases and gastrointestinal disorders, the nutritional profile of fermented foods and their health benefits, microstructured particles as bioactive compound carriers, and more. The book also offers an analysis of obesity and its dimensions, covering childhood obesity risks and challenges at home and at school, quality of life in adult patients with diabetes, the role of genetics and epigenetics in obesity, and more. The impact of nutrition on oral and dental health is also addressed in the book.

Qualitative and Nutritional Improvement of Cereal-Based Foods and Beverages Antonella Pasqualone,Carmine Summo,2021-06-09 Increased consumer awareness of the effects of food in preventing nutrient-related diseases and maintaining physical and mental well-being has made nutritional improvement an important goal for the food and beverage industry, including the cereal sector. The Book "Qualitative and Nutritional Improvement of Cereal-Based Foods and Beverages" collects research articles aimed at exploring innovative ways to improve cereal-based foods and beverages; an old—if not ancient—group of products which are still on our table every day. The main directions of research aimed at nutritional improvement have to face either excess or deficiency in the diet. To this end, different strategies may be adopted, such as the reformulation of products, the introduction of functional ingredients, and the application of biotechnologies to increase the bioavailability of bioactive compounds. These interventions, however, can alter the physico-chemical and sensory properties of final products, making it necessary to achieve a balance between nutritional and quality modification. This book offers readers information on innovative ways to improve cereal-based foods and beverages, useful for researchers and for industry operators.

Decídate a tener una vida sana Carlos Diéguez,2016-08-10 La elección de llevar una vida sana se trata de impulsar al lector a tomar una postura más consciente, proactiva y responsable sobre su salud y bienestar. A lo largo del libro se abordan temas de gran interés para la vida presente y futura de cada persona y que, no obstante su importancia y trascendencia, no se enseñan en los espacios académicos comunes. El tradicional enfoque de la salud requiere ser transformado hacia prácticas preventivas y de autocuidado, con costos significativamente menores para todos: el estado, las empresas y las personas; pero además con los grandes beneficios que goza quien tiene una vida mucho más plena y saludable, quienes lo rodean y la sociedad en su conjunto. Tomar las riendas y el control de la propia vida es una decisión personal. Contribuir y guiar al lector para alcanzar este gran objetivo es el deseo sincero del autor.

Evaluación del estado nutricio Lucina Sarahí Arellano Sandoval,Jessica Gabriela Arias López,Nayeli Badillo Camacho,Carlos Alfredo Barrón Gallardo,Alejandra Betancourt Núñez,Lucrecia Susana Carrera Quintanar,Pilar Carolina Castro Mata,Sergio Alejandro Copado Aguilera,Aida Yanet Cordero Muñoz,Alejandra María Corona Romero,María Claudia Espinel Bermúdez,María de los Ángeles Espinosa Cuevas,Joan Domenech Fernández Ballart,Ana Silvia Flores Vázquez,Saúl Alejandro Gaytán González,Guillermo González Estévez,Montserrat González Gómez,Gabriela Alejandra Grover Baltazar,Elizabeth Hernández Castellanos,Diana Mercedes Hernández Corona,Laura Elena Herrera Jiménez,Anel Ibarra Ortega,Juan Antonio Jiménez Alvarado,Sandra Elizabeth León Estrada,Roxana Michel Márquez Herrera,Yolanda Fabiola Márquez Sandoval,Fabiola Martín del Campo López,Paola Vanessa Miranda Alatriste,Violeta Guadalupe Moreno Salinas,Mayra Lizeth Navarro Padilla,Mariana Cecilia Orellana Haro,Christian Aspasia Razo García,Juan Roberto Rodríguez Echevarría,Norma Patricia Rodríguez Rocha,Mariana Rodríguez y Villaseñor,Karen Victoria Sánchez Hernández,Erika Sierra Ruelas,Daniel Ulises Torres Reyes,Andrea Valencia de León,Andrea Isabel Villarreal Rentería,Daniela Viramontes Hörner,Laura Yareni Zúñiga,2022-07-27 La prevalencia de enfermedades como sobrepeso, obesidad, diabetes, cáncer y afecciones cardiovasculares enfatiza la necesidad de promover una educación de alta calidad en la formación de profesionales de la salud, como lo son los estudiantes de la licenciatura en Nutrición. Para lograr esto, una de las competencias más importantes a desarrollar es la evaluación del estado nutricional y el establecimiento de un diagnóstico claro. Esta obra transita por los aspectos generales de este proceso de evaluación, donde se incluyen antecedentes relacionados con la alimentación, antropometría, exámenes físicos y datos bioquímicos, entre otros. Es una herramienta útil, didáctica y de consulta que brinda la información y las prácticas necesarias para dominar las particularidades de la evaluación nutrimental.

Educar en diabetes Patricia Mehner Karam ,Erika Fricke Moreno ,Paula Diaque Ballesteros ,2024-04-17 El presente libro pretende ser un instrumento de aprendizaje, desarrollo de habilidades y empoderamiento para la toma de decisiones diarias e inspiración para crear experiencias saludables y estrategias creativas para vivir con diabetes.

Actualidad en investigación para la mejora de la salud a lo largo del ciclo vital María del Mar Simón Márquez,2023-12-29

¿Por qué engordo si casi no como? Olivia Payró García ,2020-04-02 ¿Por qué engordo, si casi no como? ¿Te has pasado la vida queriendo perder peso o de pronto subiste, no lo has podido bajar y no sabes cuál es la razón? ¡Esta información te ayudará si eres una de esas personas que está padeciendo por esa situación! Día a día en la consulta desde hace muchos años he observado ese problema, pacientes que van de un lado a otro pagando muchos métodos y/o formas para perder pero y no lo logran... me di cuenta que era importante buscar más respuestas al porqué de tanta obesidad con la que batallamos tanto, y por cierto, ocupamos el primer lugar de obesidad en adultos a nivel mundial. He visto lo frustrante que es para los

pacientes luchar con el peso y no poder ganar la batalla. Debes saber lo siguiente, LA OBESIDAD NO TIENE COMO ÚNICA CAUSA EL COMER EN EXCESO, Y AÚN ASÍ, PUEDES ESTAR CONSUMIENDO MUCHAS CALORÍAS SIN DARTE CUENTA. A través de este libro abordado de una manera muy sencilla, te darás cuenta que la razón por la que no pierdes peso podría ser algo que nunca has tomado en cuenta y puedes empezar a resolver el problema.

Síndrome cardiometabólico. Temas selectos Rafael M. Violante Ortiz, Arturo Torres y Gutiérrez Rubio, Guillermo Fanghanel Salmón, Miguel Peniche Flores, Agustín Lara Esqueda, 2025-01-13 El síndrome cardiometabólico se ha instalado poco a poco, desde años atrás, como uno de los más grandes flagelos de la humanidad. México no es la excepción. Conocerlo a fondo, prevenirlo, combatirlo y evitar sus complicaciones es vital para la salud no sólo de las generaciones actuales, sino de las futuras, por su involucro en la edad pediátrica. El síndrome metabólico es una constelación de alteraciones caracterizada por la ocurrencia de alteraciones metabólicas (entre ellas intolerancia a la glucosa, dislipidemia, obesidad e hipertensión arterial) cuyo resultado común es la resistencia a la insulina y que se traduce en un franco incremento en la morbilidad y la mortalidad cardiovascular. Este libro aborda los temas involucrados en el síndrome cardiometabólico, que incluyen el envejecimiento, la hipertensión arterial, la nutrición, el ejercicio y la prevención de la diabetes mellitus tipo 2, entre otros.

Salud y enfermedad del niño y del adolescente Roberto Martínez y Martínez, 2017-04-26 Salud y Enfermedad del niño y del adolescente, 8^a edición promueve la excelencia en la enseñanza y divulgación de los contenidos más representativos dentro de la Pediatría en Iberoamérica. Con la participación de la Federación de Pediatría del Centro-Occidente de México se ha revisado la información, con base en la evidencia científica más actual y un abordaje integral del paciente pediátrico desde la perspectiva de la historia natural de la enfermedad. Esta octava edición consta de 41 unidades organizadas y distribuidas en dos volúmenes, los cuales abordan: el proceso salud-enfermedad en la población pediátrica latinoamericana, el crecimiento y desarrollo en los distintos grupos etarios, la propedéutica y semiología fundamental, y finalmente, un abordaje de la patología principal en el niño y adolescente, estructurada por aparatos y sistemas. Asimismo, esta obra cuenta con un apoyo multimedia disponible en el sitio web de Editorial El Manual Moderno, donde se exponen temas complementarios para algunas unidades, como por ejemplo: Glaucoma infantil y patología orbitaria, Infección sexual en la adolescencia, Esquizofrenia en la etapa pediátrica, entre otros. Esta nueva entrega de Salud y Enfermedad del niño y del adolescente, 8^a edición, continúa la tradición de constituirse como uno de los recursos obligados para adentrarse en esta especialidad trascendental en la formación de todo médico. Este texto va dirigido al médico de pregrado, el especialista y todo aquel profesional de la salud en contacto con la población pediátrica.

Mejores dietas de carbohidratos reducidos y como funcionan, las ,

Nutrijugos y Nutrismoothies Mariana García Sarquiz, 2017-04-01 En este libro te enseño lo que son mis Nutrijugos y Nutrismoothies. Aprenderás la diferencia entre cada uno de ellos, así como la forma adecuada para prepararlos. Te voy a

enseñar a escoger y lavar las frutas y verduras, así como los ingredientes fundamentales para prepararlos. y lo más importante, te explico cuáles son sus beneficios nutricionales, y cómo aplicarlos en las diferentes etapas de la vida. Además incluyo recetas deliciosas de cada uno de ellos para que sean parte de tu alimentación diaria.

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