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Titolo	Vegetarian and plant-based diets in health and disease prevention // edited by Francois Mariotti
Pubbl/distr/stampa	London, England : , : Academic Press, , 2017 ©2017
ISBN	0-12-803969-8
Descrizione fisica	1 online resource (889 pages) : illustrations, tables
Disciplina	613.262
Soggetti	Vegetarianism - Health aspects Health promotion
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references at the end of each chapters and index.
Nota di contenuto	pt. 1. Setting the scene : general features associated with vegetarian diets -- pt. 2. Setting the scene ; specific dietary characteristics of vegetarian diet and their relation to health -- pt. 3. The relations between vegetarian diets and health and disease -- pt. 4. Life events -- pt. 5. Nutrients and other substances intake and status.
Sommario/riassunto	"Vegetarian and Plant-Based Diets in Health and Disease Prevention examines the science of vegetarian and plant-based diets and their nutritional impact on human health. This book assembles the science related to vegetarian and plant-based diets in a comprehensive, balanced, single reference that discusses both the overall benefits of plant-based diets on health and the risk of disease and issues concerning the status in certain nutrients of the individuals, while providing overall consideration to the entire spectrum of vegetarian diets" --