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Autore	Dreher Mark L
Titolo	Dietary Patterns and Whole Plant Foods in Aging and Disease // by Mark L. Dreher
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ISBN	3-319-59180-0
Edizione	[1st ed. 2018.]
Descrizione fisica	1 online resource (619 pages) : illustrations, tables
Collana	Nutrition and Health
Disciplina	612.67
Soggetti	Clinical nutrition Health promotion Clinical Nutrition Health Promotion and Disease Prevention
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	Section 1: Aging -- Lifestyle Factors Associated with Aging -- Dietary Patterns and Aging -- Whole Plant Foods and Aging -- Fiber-Rich Diets, Colonic Microbiota in Health and Disease -- Fiber-Rich Dietary Patterns in Weight Regulations -- Whole Plant Foods and Weight Regulation -- Fiber-Rich Diets and Supplements in Laxation and Constipation -- Fiber-Rich Diets and Other Modifiable Risk Factors in Diverticular Disease -- Section II: Cardiometabolic Disease -- Dietary Patterns and Coronary Heart Disease -- Whole Plant Foods and Coronary Heart Disease -- Dietary Pattern and Hypertension -- Whole Plant Foods and Hypertension -- Fiber-Rich Diets and Chronic Kidney Disease -- Dietary Patterns and Stroke Risk -- Whole Plant Foods and Stroke Risk -- Dietary Patterns and Whole Plant Food in Type 2 Diabetes Prevention and Management -- Fiber-Rich and Supplements in Type 2 Diabetes Prevention and Management.
Sommario/riassunto	This text provides a comprehensive review of the latest research on the effects of dietary patterns and whole plant foods on general health, aging, and cardiometabolic disease risk from major prospective cohort studies and randomized controlled trials (RCTs) and their meta-analyses. The book extensively assesses the effects of lifestyle, dietary

patterns, and specific whole plant foods on the quality of aging; the impact of fiber-rich foods on colonic microbiota and weight regulation, the effects of which influence the quality of aging; the effects of fiber-rich diets on the aging gastrointestinal tract; and the role of dietary patterns and specific whole plant foods on coronary heart disease, hypertension, chronic kidney disease, stroke and type 2 diabetes. Figures are extensively used to highlight findings and tables summarizing food composition dietary patterns and whole plant foods. Tables summarizing meta-analyses and representative cohort studies and RCTs provide state-of-the-art coverage of the important effect of dietary patterns and whole plant foods on aging and cardiometabolic diseases. Dietary Patterns and Whole Plant Foods in Aging and Disease will serve as a very useful, state -of -the-art resource for dietitians, physicians, nurses, food industry scientists, researchers, naturopathic doctors, educators and their students interested in the role of dietary patterns and specific whole plant foods on aging and disease.
