

1. Record Nr.	UNISALENTO991000298229707536
Autore	Rous, Jean
Titolo	Habib Bourguiba : l'homme d'action de l'Afrique / Jean Rous
Pubbl/distr/stampa	Paris : J. Didier, c1969
Descrizione fisica	188 p. : ill. ; 21 cm
Collana	Collection Forum
Disciplina	961.105
Soggetti	Bourguiba, Habib, 1903-2000 Bourguiba, Habib, 1903-2000
Lingua di pubblicazione	Francese
Formato	Materiale a stampa
Livello bibliografico	Monografia
2. Record Nr.	UNINA9910300325803321
Autore	Dreher Mark L. <1951->
Titolo	Dietary Fiber in Health and Disease / / by Mark L. Dreher
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Humana, , 2018
ISBN	3-319-50557-2
Edizione	[1st ed. 2018.]
Descrizione fisica	1 online resource (XXXI, 409 p. 124 illus., 120 illus. in color.)
Collana	Nutrition and Health
Disciplina	613.263
Soggetti	Diet therapy 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

Introduction to Dietary Fiber -- Overview of the Health Benefits of Adequate Fiber Intake -- Fiber-Rich Diets and Dietary Supplement in Colonic Microbiota Health -- Connection Between Fiber, Colonic Microbiota and Health Across the Human Lifecycle -- Fiber and Aging -- Fiber and Dietary Patterns in Weight Regulation -- Whole Plant Foods in Weight Regulation -- Fiber in Laxation and Constipation -- Fiber and Low FODMAP Diets Effect in Irritable Bowel Syndrome -- Fiber and Inflammatory Bowel Disease -- Fiber and Other Modifiable Risk Factors in Diverticular Disease -- Fiber and Coronary Heart Disease -- Fiber and Hypertension -- Fiber Rich-Diets in Chronic Kidney Disease -- Fiber and Stroke Risk -- Fiber in Type 2 Diabetes Prevention and Management.

---

## Sommario/riassunto

This newest addition to the Nutrition and Health series is a comprehensive, yet portable, guide to the use of dietary fiber for the management of health and disease. Dietary Fiber in Health and Disease covers all sources of dietary fiber with a focus on preventing and managing chronic diseases. Each chapter contains a careful analysis with many figures and tables of the most recent human dietary fiber studies and includes specific recommendations on the fiber types and intake levels required to prevent and manage chronic disease and improve health. Additionally, physicians, dietitians, nurses, nutritionists, pharmacists, food industry scientists, academic researchers and educators, naturopathic doctors, and other health professionals will be drawn to the practical, ready-to-use information and coverage of subjects such as fiber in gastrointestinal health and disease, fiber in cancer prevention, fiber in Type 2 Diabetes, and fiber in body weight and composition. Dietary Fiber in Health and Disease will be of interest to physicians and other healthcare professionals in many different specialties, including general practitioners, oncologists, endocrinologists, and other practitioners looking to implement dietary advice as part of the patient treatment plan.

---