

1. Record Nr.	UNINA9910437995303321
Titolo	Diet quality : an evidence-based approach. Volume 1 // Victor R. Preedy, Lan-Anh Hunter, Vinood B. Patel, editors
Pubbl/distr/stampa	New York : , : Humana Press, , 2013
ISBN	1-4614-7339-X
Edizione	[1st ed. 2013.]
Descrizione fisica	1 online resource (xxx, 325 pages) : illustrations (some color), color map, color portraits
Collana	Nutrition and Health
Disciplina	613.2
Soggetti	Diet Food habits Food - Quality Nutrition
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Diet Quality: setting the scene -- Food Intake and Food Preference -- An evidence-based approach to the nutritional quality of home meals: Exploring emotional reinforcement and attachment style as underlying mechanisms -- Diet Quality and its Potential Cost Savings -- Reproduction, Pregnancy and Women: Diet quality and dysmenorrhea -- Maternal diet quality and pregnancy outcomes -- Diet quality in pregnancy: a focus on requirements and the protective effects of the Mediterranean Diet -- Maternal dietary counseling and children's diet quality -- Diet quality, micronutrient intakes and economic vulnerability of women -- Interventions to improve dietary quality in children -- Free fruit for school children to improve food quality -- Diet quality in childhood: impact on growth -- Diet Quality, in relation to TV viewing and Video Games playing -- Parental Perceptions and childhood dietary quality: who holds the reins? -- Convenience foods and dietary quality in children -- Nutritional education of Secondary Education students and diet quality -- Diet Quality and Older Adults: Special Considerations -- Mediterranean Diet and Dietary Sodium Intake -- Nutritional Quality of Foods: Sweet Potato -- Cooking and diet quality: a focus on meat -- The quality of orange juice -- Whole Grains and Diet.

Diet quality is a broad term that encapsulates both perceived and actual practices, personal preferences and cultural diversity. Measuring dietary quality can be problematic and includes investigating food types, the number or size of portions or their frequency. Diet quality may also be related to the type of food being ingested, snacking and other eating habits. Manufactured beverages and fast food may also be included as well as microbiological quality and attempts to improve single food items such as meats or vegetables. In this book, *Diet Quality: An Evidence-Based Approach, Volume 1* all of the major facets of diet quality in relation to health outcomes are covered. This important new text includes methods for determining diet quality while adopting a holistic approach to impart information on the major areas of concern or knowledge. Chapters link in measurable indices of health such as obesity, pregnancy outcomes, cancer and cancer outcomes, and mortality. This book represents a diverse set of subject matters and seeks to fill a gap in the literature at a time when there is an increasing awareness that well being is associated with the qualitative nature of diets. Contributors are authors of international and national standing and emerging fields of science are incorporated. *Diet Quality: An Evidence-Based Approach, Volume 1* is a useful new text designed for nutritionists, dietitians, clinicians, epidemiologist, policy makers and health care professionals of various disciplines.

---