

1. Record Nr.	UNINA9910721890003321
Autore	Volkel Anja
Titolo	Buchweizen - das Powerkorn : Glutenfrei kochen und backen - fantastisch vegetarisch
Pubbl/distr/stampa	Darmstadt : , : Pala Verlag, , 2017 ©2017
ISBN	9783895667114 3895667110
Edizione	[1st ed.]
Descrizione fisica	1 online resource (182 pages)
Altri autori (Persone)	PeterKirsten Maria
Soggetti	Cooking (Buckwheat) Buckwheat
Lingua di pubblicazione	Tedesco
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Intro -- Inhalt -- Liebe Leserin , lieber Leser! -- Über Buchweizen -- Herkunft und Geschichte -- Ansprüche an Boden und Klima -- Ernährungsphysiologische Qualität -- Buchweizen als Heilpflanze -- In der Küche -- Hinweise zu den Rezepten -- Die Basics -- Musli und Frühstück -- Brot, Brötchen und pikantes Gebäck -- Kuchen und süßes Gebäck -- Fingerfood -- Feines aus der Pfanne -- Leckeres aus dem Ofen -- Salate -- Suppen -- Desserts und Naschereien -- Die Autorin -- Verzeichnis der Rezepte -- Impressum.
Sommario/riassunto	This book by Anja Völkel delves into the world of buckwheat, an ancient grain known for its nutritional benefits and gluten-free properties. It offers a comprehensive guide on cooking and baking with buckwheat, emphasizing vegetarian recipes. The book provides insights into the history, cultivation, and quality of buckwheat, as well as its use as a medicinal plant. It is illustrated by Kirsten Maria Peter and includes various sections on different types of dishes, from breakfast options to desserts, all designed to cater to those seeking gluten-free and healthy eating alternatives. The book is intended for health-conscious readers and those interested in expanding their culinary repertoire with gluten-free ingredients.

2. Record Nr.	UNINA9910557765603321
Autore	Ramírez-Maestre Carmen
Titolo	Resilience Resources in Chronic Pain Patients: The Path to Adaptation
Pubbl/distr/stampa	Frontiers Media SA, 2020
Descrizione fisica	1 online resource (119 p.)
Soggetti	Psychology Science: general issues
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	This eBook is a collection of articles from a Frontiers Research Topic. Frontiers Research Topics are very popular trademarks of the Frontiers Journals Series: they are collections of at least ten articles, all centered on a particular subject. With their unique mix of varied contributions from Original Research to Review Articles, Frontiers Research Topics unify the most influential researchers, the latest key findings and historical advances in a hot research area! Find out more on how to host your own Frontiers Research Topic or contribute to one as an author by contacting the Frontiers Editorial Office: frontiersin.org/about/contact

3. Record Nr.	UNINA9910971869803321
Autore	Cole Nancy
Titolo	Diet quality of Americans // Nancy Cole and Mary Kay Fox
Pubbl/distr/stampa	New York, : Nova Science Publishers, Inc., c2009
ISBN	1-60876-499-0
Edizione	[1st ed.]
Descrizione fisica	1 online resource (245 p.)
Collana	Nutrition and diet research progress series
Altri autori (Persone)	FoxMary Kay
Soggetti	Nutrition Diet - United States
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	Intro -- Diet Quality of Americans -- Contents -- Executive Summary -- The Food Stamp Program -- Focus of the Research -- Do Food Stamp Program Participants Get Enough of the Right Kinds of Food to Eat? -- Are Food Stamp Program Participants More Likely to be Overweight than Nonparticipants? -- How Does Diet Quality Compare for FSP Participants and Nonparticipants? -- In What Ways Do FSP Participants Make Different Food Choices than Nonparticipants? -- Conclusions and Implications for FSP Nutrition Education -- Introduction -- The Food Stamp Program -- The National Health and Nutrition Examination Survey -- MyPyramid Equivalent Database for USDA Survey Food Codes -- NHANES Samples for Tabulation -- General Analytic Approach -- Usual Daily Intakes of Vitamins, Minerals, and Fiber -- Vitamins and Minerals with Defined Estimated Average Requirements -- Nutrients Assessed using Adequate Intake Levels -- Use of Dietary Supplements -- Summary -- Energy Intakes -- Mean Daily Energy Intakes -- Usual Daily Intakes of Energy from Macronutrients -- 24-Hour Intakes of Energy from Solid Fats, Alcoholic Beverages, and Added Sugars -- Energy Density -- Body Mass Index as an Indicator of the Appropriateness of Usual Daily Energy Intakes -- Summary -- Meal and Snack Patterns -- Meals Eaten -- Snacks Eaten -- Energy Density of Meals and Snacks -- Energy from Solid Fats, Alcoholic Beverages, and Added Sugars in Meals and Snacks -- Nutrient Density of Meals and Snacks -- Summary -- Food Choices -- Food Choices - Supermarket Aisle Approach -- Food Choices - Nutritional

Quality Approach -- Summary -- The Healthy Eating Index-2005 and Sources of MyPyramid Intakes -- The Healthy Eating Index-2005 -- HEI-2005 Scores for FSP Participants and Nonparticipants -- HEI-2005 Components and Underlying Food and Nutrient Intakes -- Summary -- Conclusion -- Key Findings. Implications for FSP Nutrition Education -- References -- Appendix A: Data and Methods -- NHANES Data -- MyPyramid Equivalents Database for USDA Food Codes -- Dietary Intake Data, Reference Intake Standards, and Estimation of Usual Intakes -- Variable Construction -- Statistical Methods -- References -- Appendix B: Nutrient Intake Tables -- List of Tables -- Appendix C: Other Detailed Tables -- List of Tables -- Index.

Sommario/riassunto

Offers a picture of the diets of Food Stamp Program (FSP) participants in three age groups - children 1-18 years old, adults 19-59 years old, and older adults 60 years and older. This book examines nutrient intakes, diet quality, and food choices.
