

1. Record Nr.	UNINA9910141610503321
Autore	Hoffman Richard <1957->
Titolo	The Mediterranean diet [[electronic resource] ] : health and science // Richard Hoffman and Mariette Gerber
Pubbl/distr/stampa	West Sussex, England, : Wiley-Blackwell, c2012
ISBN	1-118-78502-9 1-118-71338-9 1-118-71339-7
Descrizione fisica	1 online resource (416 p.)
Altri autori (Persone)	GerberMariette
Disciplina	613.2 613.2/5 613.25
Soggetti	Nutrition Cooking, Mediterranean - Health aspects Biochemistry Electronic books.
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	Title Page; Contents; Preface; 1 Overview; 1.1 Development of the MedDiet; 1.1.1 A brief history of the MedDiet; 1.1.2 The traditional MedDiet and present day MedDiets; 1.1.3 International differences; 1.1.4 National representations of the MedDiet; 1.1.5 Sources of information for the general public; 1.2 Lifestyle factors; 1.2.1 Meal patterns; 1.2.2 Siestas; 1.2.3 Physical activity; 1.2.4 Sunshine; 1.3 Health benefits; 1.3.1 Mediterranean dietary patterns; 1.3.2 Endorsements; 1.4 The MedDiet, past, present and future; 1.4.1 Current trends; 1.4.2 The Greek experience; 1.4.3 Not all bad news 1.4.4 Future prospectsReferences; SECTION 1: CONSTITUENTS; 2 Constituents and Physiological Effects of Mediterranean Plant Foods; 2.1 Introduction; 2.2 Carbohydrates; 2.2.1 Glycaemic index; 2.2.2 Honey; 2.2.3 Physiological effects of carbohydrates; 2.2.4 Fibre; 2.3 Fats; 2.4 Organic acids; 2.5 Minerals; 2.6 Vitamins; 2.6.1 Water soluble vitamins; 2.6.2 Fat soluble vitamins; 2.7 Phytochemicals; 2.7.1 Classes of phytochemicals; 2.7.2 Sensory properties of phytochemicals; 2.7.3

Phenolics; 2.7.4 Terpenes; 2.7.5 Sulphur-containing compounds; 2.7.6 Polyacetylenes  
 2.7.7 Nitrogen-containing compounds  
 2.8 Mediterranean plants as medicines; References; 3 Influences of the Supply Chain on the Composition of Mediterranean Plant Foods; 3.1 Significance of the supply chain; 3.2 Growth conditions; 3.2.1 A brief overview of plant metabolism; 3.2.2 Soil; 3.2.3 Sun; 3.2.4 Water; 3.2.5 Other environmental factors; 3.3 Plant cultivar; 3.4 Food retailers and food processing; 3.4.1 Anatomical distribution of nutrients; 3.4.2 Freshness; References; 4 Influences of Food Preparation and Bioavailability on Nutritional Value; 4.1 Introduction; 4.2 Food preparation  
 4.2.1 Chopping; 4.2.2 Cooking; 4.3 Nutrient bioavailability; 4.3.1 Pharmacokinetics of phytochemicals; 4.3.2 Liberation; 4.3.3 Absorption; 4.3.4 Distribution; 4.3.5 Metabolism; 4.3.6 Excretion; 4.3.7 Inter-individual variations in phytochemical pharmacokinetics; References; 5 Guide to the Composition of Mediterranean Plant Foods; 5.1 Types of plant foods consumed as part of a MedDiet; 5.1.1 Consumption; 5.1.2 Diversity of consumption; 5.2 Vegetables; 5.2.1 Green leafy vegetables; 5.2.2 Other green vegetables; 5.2.3 Root vegetables; 5.2.4 Alliums; 5.2.5 Solanaceous vegetables; 5.2.6 Legumes  
 5.3 Wheat products  
 5.4 Fruits; 5.4.1 Citrus fruits; 5.4.2 Apples and related fruits; 5.4.3 Stone fruits; 5.4.4 Grapes; 5.4.5 Other berries; 5.4.6 Pomegranates; 5.4.7 Figs; 5.4.8 Dates; 5.4.9 Olives; 5.5 Herbs and spices; 5.6 Nuts and seeds; 5.6.1 Nuts; 5.6.2 Seeds; References; 6 Olive Oil and Other Fats; 6.1 Overview; 6.2 Olive oil; 6.2.1 Consumption and production; 6.2.2 Origin and varieties of olive trees; 6.2.3 Olive oil production; 6.2.4 Traceability and European regulations; 6.2.5 Biochemical composition; 6.3 Other fat sources; 6.3.1 Nuts and seeds; 6.3.2 Herbs and spices  
 6.3.3 Meat and dairy

## Sommario/riassunto

Recent large-scale epidemiological studies have confirmed the pre-eminence of the Mediterranean diet for reducing the risk of primary and secondary heart disease and cancer. There is also increasingly convincing evidence for its protective value against diabetes, dementias and other age-related disorders, and for increasing overall longevity. The Mediterranean Diet: Health and Science is a timely, authoritative and accessible account of the Mediterranean diet for nutritionists and dieticians. It discusses the Mediterranean diet in the light of recent developments in nutritional biochemis

2. Record Nr.	UNINA9910780619203321
Autore	Arbuthnott Hugh
Titolo	British missions around the Gulf, 1575-2005 [[electronic resource] ] : Iran, Iraq, Kuwait, Oman / / by Hugh Arbuthnott, Terence Clark & Richard Muir
Pubbl/distr/stampa	Folkestone, Kent, U.K., : Global Oriental, 2008
ISBN	1-281-90652-2 9786611906528 90-04-21317-1
Descrizione fisica	1 online resource (334 p.)
Collana	Brill eBook titles 2010
Altri autori (Persone)	ClarkTerence MuirR (Richard)
Disciplina	300 327.41053
Soggetti	Diplomatic and consular service, British - Persian Gulf Region - History Great Britain Foreign relations Persian Gulf Region Persian Gulf Region Foreign relations Great Britain
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 indexes.
Nota di contenuto	pt. 1. Iran -- pt. 2. Iraq -- pt. 3. Kuwait -- pt. 4. Oman.
Sommario/riassunto	Recent events have once again focused international attention on the volatile politics of the Gulf region. This new book, by three former British ambassadors – all with long service in the region – demonstrates the importance of the Gulf for Britain from the days of Elizabeth I to the present. It tells the story, through the life and works of the British diplomats and consuls and the missions in which they worked, of Britain's involvement, first for trade and later for strategic purposes, in the four key regional states of Iran, Iraq, Kuwait and Oman. With wit and insight, the book traces the origins of today's problems from the Ottoman and Persian empires to the 1991 Gulf War and its aftermath. Those who know the region will find this a refreshing new slant on an old story, while those new to the subject will enjoy the mixture of politics and personalities ably described and analysed.

3. Record Nr.	UNINA9910299863803321
Autore	Li Lin
Titolo	The Chinese Road of the Rule of Law // by Lin Li
Pubbl/distr/stampa	Singapore : , : Springer Singapore : , : Imprint : Springer, , 2018
ISBN	981-10-8965-5
Edizione	[1st ed. 2018.]
Descrizione fisica	1 online resource (XVI, 311 p. 5 illus.)
Collana	China Insights, , 2363-7579
Disciplina	340.30951
Soggetti	Conflict of laws Law—Philosophy Law Constitutional law Private International Law, International & Foreign Law, Comparative Law Theories of Law, Philosophy of Law, Legal History Constitutional Law
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Preface -- Introduction: the Road and Theory of Socialist Rule of Law with Chinese Characteristics -- The Historical Process of Constructing Socialist Rule of Law with Chinese Characteristics -- Formation and Improvement of the Socialist Legal System with Chinese Characteristics -- Contemporary Chinese Model of the Rule of Law from the Perspective of Comparative Law -- Realizing Fairness and Justice through the Rule of Law -- Ruling the Country by Law and Promoting the Modernization of State Governance -- Comprehensively Promoting Ruling the Country by Law and Striving to Build China into a Country under the Rule of Law -- High-Degree Unity of the Party and the Law: the Fundamental Characteristic of the Chinese Road of the Rule of Law -- References.
Sommario/riassunto	This book studies the practical experience and theoretical development of rule of law in China, and provides fundamental theory for the construction of rule of law in contemporary China. The author examines the rule of law by exploring the entire legal system, and highlighting various aspects including the legislation, law enforcement and supervision systems. Readers will also discover the author's strong

opinions on scientific legislation, legal government, judicial reform, and the culture of rule of law. This highly readable book will appeal to both general readers and researchers interested in rule of law in China.

---