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Edizione	[Second edition.]
Descrizione fisica	1 online resource (438 pages)
Disciplina	613.2
Soggetti	Functional Food Nutritive Value Phytotherapy human nutrition processed food product health care public health nutrition nutritional disease
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Table of ContentsForewordPrefaceAcknowledgmentsAuthorChapter AChapter B Chapter C Chapter DChapter EChapter F Chapter GChapter HChapter IChapter JChapter K Chapter LChapter MChapter N Chapter OChapter P Chapter QChapter RChapter SChapter T Chapter UChapter VChapter WChapter X Chapter YChapter ZAppendix 1: Major Phytochemical Groups and Specific Phytochemicals Addressed in The A-Z Guide to Food as Medicine, 2nd edAppendix 2: Reference Daily Intakes Used to Calculate % DVs in The A-Z Guide to Food as Medicine, 2nd edAppendix 3: Definitions of Drug Terms Used in The A-Z Guide to Food as Medicine, 2nd edIndex.
Sommario/riassunto	Reprising The 2017 American Library Association Outstanding Academic Title award-winning A-Z Guide to Food As Medicine, this new

edition explores the physiological effects of more than 250 foods, food groups, nutrients, and phytochemicals in entries that include: definition and background information such as traditional medicinal use, culinary facts, and dietary intake and deficiency information, scientific findings on the physiological effects of foods, food groups, and food constituents, bioactive dose when known, such as nutrient Dietary Reference Intakes focusing on 19-to-50-year-old individuals, safety highlights, such as nutrient Tolerable Upper Intake Levels A health professional's comprehensive nutrition handbook that includes all nutrients, nutrient functions, "good" and "excellent" sources of nutrients, nutrient assessment, and deficiency symptoms, as well as summaries of foods, food groups, and phytochemicals. New to the Second Edition: disease- and condition-focused Index that leads readers to foods used to manage specific conditions and diseases, focus on practical recommendations for health maintenance and disease prevention, including tables, insets, and updated scientific findings on more than a dozen new foods. Features: dictionary-style summaries of the physiological effects of foods, food groups, nutrients, and phytochemicals alphabetically listed for quick access, approximately 60 B & W images of foods; informational tables and insets that define or illustrate concepts such as drug terminologies, classes of phytochemicals, and medicinal aspects of foods and of a plant-based diet, over 1,000 scientific references from peer-reviewed sources, including The Academy of Nutrition and Dietetics Evidence Analysis Library, and position statements of major health organizations.
