



Aspectos nutricionales en la hiperlipemia y riesgo cardiovascular (Este capítulo pertenece al libro Dietoterapia, nutrición clínica y metabolismo): 1 (Spanish Edition)

Miguel Angel Rubio Herrera, Carmen Moreno Lopera

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INDICE: Introducción. Influencia de los ácidos grasos sobre el riesgo cardiovascular: grasa saturada; ácidos grasos trans; ácidos grasos monoinsaturados; ácidos grasos poliinsaturados (AGPI) Efectos de los esteroides sobre el riesgo cardiovascular: colesterol; esteroides y estanoles vegetales. Recomendaciones para reducir el impacto de una dieta aterogénica. Otras recomendaciones nutricionales que pueden tener un impacto adicional sobre el riesgo cardiovascular. Bibliografía.

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