



Dietoterapia Ambulatorial: Nutrição no sobrepeso, na hipertensão e nas dislipidemias (Portuguese Edition)

Mariana Braga Neves

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A Nutrição é peça fundamental na promoção da saúde e na garantia de uma melhor qualidade de vida da população. Seja na atenção primária à saúde, seja no planejamento de ações capazes de controlar sintomas e consequências de doenças, o nutricionista tem a sua atuação reconhecida, principalmente na área clínica.

Diante da afirmação apresentamos este tema cujo objetivo é de capacitar os nutricionistas para o atendimento de pacientes portadores de transtornos como hipertensão, sobrepeso, obesidade e dislipidemia, apresentando os principais pontos que devem ser considerados na elaboração do plano alimentar. Apresenta ainda uma revisão sobre alimentos funcionais e fitoterápicos relacionados aos assuntos e um módulo com atualidades sobre o manejo nutricional dos transtornos abordados.

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