



Nutrição e Metabolismo: A importância do consumo equilibrado dos nutrientes no processo metabólico (Portuguese Edition)

Adriana Lopes Peixoto

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Os nutrientes, sejam eles macro ou micro, são de fundamental importância para a manutenção da saúde e prevenção de doenças. São considerados a base da alimentação e nutrição. Cada um exerce uma função específica no organismo. Dessa forma, diante da possibilidade de haver um desequilíbrio na ingestão alimentar de algum ou até mesmo de vários nutrientes, poderá ocorrer um comprometimento na manutenção das atividades humanas, tanto em nível de formação e crescimento quanto de manutenção do estado nutricional e ao pleno desempenho de suas funções metabólicas.

A partir dessa importância, o presente e-book propõe uma discussão sobre esses extraordinários componentes, desde a sua composição, metabolismo de ingestão e absorção, até a abordagem sobre as principais carências e toxicidades nutricionais.

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