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Guyline Ferland

Alimentation et vieillissement

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Alimentation et vieillissement Guylaine Ferland, 2013-03-01 T00:00:00-05:00 Une bonne alimentation peut elle nous aider mieux vieillir La recherche men e au cours des quarante derni res ann es nous incite fortement le croire En effet un nombre important de travaux indiquent qu une alimentation vari e et quilibr e favorise le maintien des fonctions physiologiques et contribue l autonomie et au bien tre des personnes jusqu un ge avanc Par ailleurs la grande majorit des d sordres observ s au cours du vieillissement l ost oporose le diab te et l hypertension par exemple sont li s des questions de nutrition Cet ouvrage se consacre l tude de la relation complexe entre alimentation et vieillissement en analysant en d tail le profil alimentaire des a n s et leurs besoins nutritionnels On y pr sente notamment les probl mes nutritionnels fr quents chez les personnes g es comme la d nutrition la d shydratation ou la dysphagie les notions de base n cessaires la compr hension des particularit s nutritionnelles inh rentes au vieillissement les facteurs susceptibles d influencer sur les apports nutritionnels l valuation nutritionnelle les nouvelles recommandations nutritionnelles en ce qui a trait notamment l nergie aux macronutriments l eau etc le nouveau Guide alimentaire canadien les compos s alimentaires exer ant des actions importantes sur l organisme et un tout nouveau chapitre sur les profils alimentaires des a n s canadiens et qu b cois En somme ce livre est une v ritable r f rence pour les tudians en g rontologie et plus largement pour toutes les personnes qui se pr occupent de nutrition li e au vieillissement Guylaine Ferland est professeure titulaire au d partement de nutrition de la Facult de m decine de l Universit de Montr al et chercheure l Institut universitaire de g riatricie de Montr al et l H pital du Sacr coeur Montr al

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