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Guyline Ferland

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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 tudants 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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Table of Contents Alimentation Et Vieillessement Troisiegraveme Eacutedition

1. Understanding the eBook Alimentation Et Vieillessement Troisiegraveme Eacutedition
 - The Rise of Digital Reading Alimentation Et Vieillessement Troisiegraveme Eacutedition
 - Advantages of eBooks Over Traditional Books
2. Identifying Alimentation Et Vieillessement Troisiegraveme Eacutedition
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Alimentation Et Vieillessement Troisiegraveme Eacutedition
 - User-Friendly Interface
4. Exploring eBook Recommendations from Alimentation Et Vieillessement Troisiegraveme Eacutedition
 - Personalized Recommendations

- Alimentation Et Vieillessement Troisiegraveme Eacutedition User Reviews and Ratings
- Alimentation Et Vieillessement Troisiegraveme Eacutedition and Bestseller Lists
- 5. Accessing Alimentation Et Vieillessement Troisiegraveme Eacutedition Free and Paid eBooks
 - Alimentation Et Vieillessement Troisiegraveme Eacutedition Public Domain eBooks
 - Alimentation Et Vieillessement Troisiegraveme Eacutedition eBook Subscription Services
 - Alimentation Et Vieillessement Troisiegraveme Eacutedition Budget-Friendly Options
- 6. Navigating Alimentation Et Vieillessement Troisiegraveme Eacutedition eBook Formats
 - ePub, PDF, MOBI, and More
 - Alimentation Et Vieillessement Troisiegraveme Eacutedition Compatibility with Devices
 - Alimentation Et Vieillessement Troisiegraveme Eacutedition Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Alimentation Et Vieillessement Troisiegraveme Eacutedition
 - Highlighting and Note-Taking Alimentation Et Vieillessement Troisiegraveme Eacutedition
 - Interactive Elements Alimentation Et Vieillessement Troisiegraveme Eacutedition
- 8. Staying Engaged with Alimentation Et Vieillessement Troisiegraveme Eacutedition
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Alimentation Et Vieillessement Troisiegraveme Eacutedition
- 9. Balancing eBooks and Physical Books Alimentation Et Vieillessement Troisiegraveme Eacutedition
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Alimentation Et Vieillessement Troisiegraveme Eacutedition
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Alimentation Et Vieillessement Troisiegraveme Eacutedition
 - Setting Reading Goals Alimentation Et Vieillessement Troisiegraveme Eacutedition
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Alimentation Et Vieillessement Troisiegraveme Eacutedition
 - Fact-Checking eBook Content of Alimentation Et Vieillessement Troisiegraveme Eacutedition

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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