



Alergias e intolerancias alimentarias (Spanish Edition)

Marta Gonzalez Caballero

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Una alimentacion equilibrada y variada en todos los grupos de alimentos mantiene nuestro organismo sano. Esto parece facil pero se complica cuando una persona debe excluir un determinado alimento porque dana su salud, incluso pone en peligro su vida o a padecer carencias nutricionales. Para el buen entendimiento de este libro hay que tener claro, como minimo tres conceptos: reaccion adversa a un alimento, alergia o hipersensibilidad alimentaria e intolerancia alimentaria. Entre las mas frecuentes se encuentran la enfermedad celiaca o intolerancia al gluten de los cereales y las intolerancias a los azucres como la lactosa, fructosa o galactosa. Este libro pretende ser una guia util y de facil comprension para hacer frente a las dudas e inquietudes sobre alimentacion que se presentan ante la aparicion de una alergia o intolerancia alimentaria, las falsas alergias o pseudoalergias, aquellas reacciones adversas de aditivos alimentarios, a los alimentos transgenicos y a los medicamentos, las normativas internacionales de los alimentos, las opciones para quienes las presentan como son los alimentos ecologicos y un numero de anexos amplio que hacen un manual completo e imprescindible.

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