



Diabetes Mellitus (Este capítulo pertenece al libro Dietoterapia, nutrición clínica y metabolismo): 1 (Spanish Edition)

Barbara Cánovas Gaillemin

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INDICE: Introducción. Objetivos. Tipos de dieta: recomendaciones generales; dieta estricta; dieta por equivalencias o dieta por intercambios; dietas por raciones de carbohidratos. Estrategias en nutrición y diabetes mellitus tipo 1. Estrategias en nutrición y diabetes mellitus tipo 2. Aporte calórico recomendado. Reparto de macronutrientes: proteínas; grasas; carbohidratos. Otros nutrientes: edulcorantes; bebidas alcohólicas; vitaminas y minerales. Conclusiones. Bibliografía.

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