



Mi Universidad

Cuadro sinóptico

Nombre del Alumno: Cecilia Gabriela Pérez Vázquez

Nombre del tema: Nutriología como ciencia

Parcial: I

Nombre de la Materia: Nutrición clínica

Nombre del profesor: Daniela Monserrat Méndez Guillen

Nombre de la Licenciatura: Enfermería

Cuatrimestre: 3do

Nutrición La ciencia que estudia los alimentos, nutrientes y otras sustancias conexas

Table with 3 columns: Concept, Definition, and Description. Topics include: Energía, Proviene, Recomendaciones, Requerimiento, Kilo-caloría, Nutrimiento, Dieta, Alimento, Contenido nutricional, Inocuidad, and Atractivo sensorial.

CONCEPTOS GENERALES

MACRONUTRIENTES

MICRONUTRIENTES: VITAMINAS Y MINERALES

FIBRA

AGUA

ELECTROLITOS

ALIMENTACIÓN SALUDABLE

CLASIFICACIÓN DE LOS ALIMENTOS

PLATO DEL BUEN COMER

ALIMENTOS FUNCIONALES

Table for Carbohydrates (Hidratos de carbono) including Definition, Formation, Classification, and Polysaccharides.

Table for Lipids (Lípidos) including Definition, Classification, and Functions in the body.

Table for Vitamins (Vitaminas) including Excretion, Types, and Classification into Soluble and Insoluble.

Table for Minerals (Minerales) including Division and Importance.

Table for Fiber (Fibra) including Division and Functions.

Table for Water (Agua) including Definition, Percentage in the body, Functions, and Intoxication.

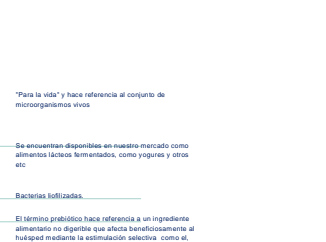
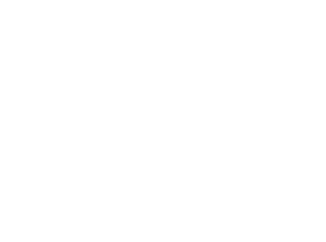
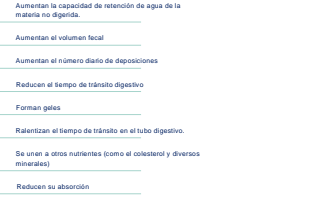
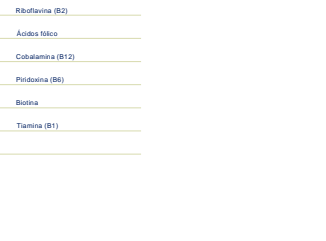
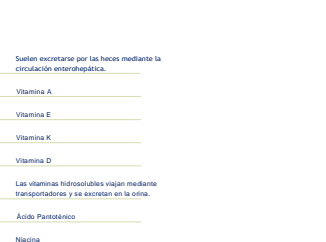
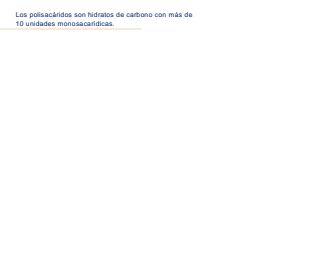
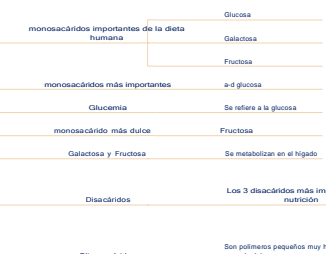
Table for Electrolytes (Electrolitos) including Definition, Principal Electrolytes, and Characteristics.

Table for Healthy Diet (Alimentación Saludable) including Characteristics and Examples.

Table for Food Classification (Clasificación de los Alimentos) including Definition and Validity.

Table for Plate of Good Eating (Plato del Buen Comer) including Colors and Groups.

Table for Functional Foods (Alimentos Funcionales) including Definition, Conditions, and Types.



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Referencias bibliográficas

UDS. 2023. Antología de Nutrición Clínica. PDF

<https://plataformaeducativauds.com.mx/assets/docs/libro/LEN/cec907a4b968917deb0108e73d19d221-LC-LEN304%20NUTRICION%20CLINICA.pdf>