



# Appunti di nutrizione e igiene alimentare (Italian Edition)

*Giuseppe Amico*

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## **Appunti di nutrizione e igiene alimentare (Italian Edition)** Giuseppe Amico

In questo nuovo libro sulla nutrizione e igiene alimentare, l'autore presenta in maniera sintetica, le nozioni più importanti del vasto panorama dell'alimentazione.

Un testo utile per coloro che si avvicinano a questo tema per motivi di lavoro, adatto anche a chi desidera acquisire le competenze base per una corretta alimentazione. Nell'opera vengono presentate le caratteristiche nutrizionali degli alimenti, le metodologie di conservazione, il pericolo di contaminazione nei cicli produttivi, le procedure di igiene degli alimenti e la normativa Haccp.

Dalle caratteristiche degli alimenti, all'etichettatura dei prodotti, dalle procedure di conservazione e distribuzione alla contaminazione batterica, dalle tossinfezioni alimentari alle tipologie di nutrienti indispensabili all'organismo.

Consigli per una sana alimentazione e suggerimenti per una corretta assunzione dei nutrienti presenti negli alimenti. Infine una ricca bibliografia, un pratico glossario alimentare e una webgrafia da consultare on line. Disponibile anche la versione stampata su: [www.lulu.com/content/14697353](http://www.lulu.com/content/14697353)

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