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Martina Slajerova, Thomas DeLauer, Nicholas Norwitz, Rohan Kashid

Sustainable healthy diets Food and Agriculture Organization of the United Nations, World Health Organization, 2019-10-15 Considering the detrimental environmental impact of current food systems, and the concerns raised about their sustainability, there is an urgent need to promote diets that are healthy and have low environmental impacts. These diets also need to be socio-culturally acceptable and economically accessible for all. Acknowledging the existence of diverging views on the concepts of sustainable diets and healthy diets, countries have requested guidance from the Food and Agriculture Organization of the United Nations (FAO) and the World Health Organization (WHO) on what constitutes sustainable healthy diets. These guiding principles take a holistic approach to diets; they consider international nutrition recommendations; the environmental cost of food production and consumption; and the adaptability to local social, cultural and economic contexts. This publication aims to support the efforts of countries as they work to transform food systems to deliver on sustainable healthy diets, contributing to the achievement of the SDGs at country level, especially Goals 1 (No Poverty), 2 (Zero Hunger), 3 (Good Health and Well-Being), 4 (Quality Education), 5 (Gender Equality) and 12 (Responsible Consumption and Production) and 13 (Climate Action).

The New Mediterranean Diet Cookbook Martina Slajerova, Thomas DeLauer, Nicholas Norwitz, Rohan Kashid, 2021-03-30 The New Mediterranean Diet Cookbook is your guidebook to the ultimate superdiet, an evidence-based keto diet that emphasizes a diversity of fish, healthy fats, and a rainbow of colorful vegetables—with 100 delicious recipes for everything from snacks to dinner. The Mediterranean diet has long been touted

as one of the world's healthiest diets, renowned for its protective effects against heart disease, cancer, and other chronic illnesses. However, its heavy inclusion of grains and carbohydrates can contribute to obesity and is a drawback for many. Also shown to have many health benefits, the ketogenic diet stimulates the fat-burning and longevity-promoting state of ketosis by limiting carbs and emphasizing high-fat foods. While the keto diet is about the proportion of macronutrients (fats, protein, carbohydrates) in the food you eat, the Mediterranean diet is about specific food types: seafood, olive oil, colorful vegetables, and other anti-inflammatory foods. This book is about living and eating at the intersection of these complementary diets so you can reap the benefits of both. While both diets advocate significant amounts of healthy fats and protein, the new Mediterranean approach to keto significantly shifts the fat profile of the diet to emphasize the monounsaturated and omega-3 fats that health experts agree promote living a long disease-free life. It also includes colorful vegetables, providing a diversity of nutrients and flavor. The result is an enhanced Mediterranean diet that stokes metabolism, supports the gut and microbiome, and is anti-inflammatory, anti-aging, and nutrient-dense. Improve your overall health while enjoying delectable dishes including: Superfood Shakshuka Blender Cinnamon Pancakes with Cacao Cream Topping Green Goddess Salad Pancetta Wrapped Sea Bass Sheet Pan Crispy Salmon Piccata Fierce Meatball Zoodle Bolognese Nordic Stone Age Bread Chocolate Hazelnut "Powerhouse" Truffles With The New Mediterranean Diet Cookbook, you'll learn how to balance your macronutrients, what foods are considered the new Mediterranean superfoods, and how to make tasty dishes to keep you satisfied all day.

Impact of Technology on Successful Aging K. Warner Schaie, PhD, Neil Charness,

PhD,2003-09-23 This volume provides a detailed examination of changes in technology that impact individuals as they age with an emphasis upon cultural contexts and person-environment fit from human factors, psychological, and sociological perspectives. The editors take into consideration the role of macro-influences in shaping technological changes in industrialized societies that effect successful aging in terms of quality of life. Topics discussed include: human factors and aging; the impact of the internet; and assistive technology. As a special feature, each chapter is followed by two commentaries from experts in the same and neighboring disciplines.

Dependence and Autonomy in Old Age George Agich,2003-08-07 Respecting the autonomy of disabled people is an important ethical issue for providers of long-term care. In this influential book, George Agich abandons comfortable abstractions to reveal the concrete threats to personal autonomy in this setting, where ethical conflict, dilemma and tragedy are inescapable. He argues that liberal accounts of autonomy and individual rights are insufficient, and offers an account of autonomy that matches the realities of long-term care. The book therefore offers a framework for carers to develop an ethic of long-term care within the complex environment in which many dependent and aged people find themselves. Previously published as *Autonomy and Long-term Care*, this revised edition, in paperback for the first time, takes account of recent work and develops the author's views of what autonomy means in the real world. It will have wide appeal among bioethicists and health care professionals.

Applied Exercise Physiology Lab Manual, EXSC 410, 2nd Ed James Schoffstall,2012

Ageing and Technology Emma Domínguez-Rué,Linda Nierling,2016-01-31 The booming

increase of the senior population has become a social phenomenon and a challenge to our societies, and technological advances have undoubtedly contributed to improve the lives of elderly citizens in numerous aspects. In current debates on technology, however, the »human factor« is often largely ignored. The ageing individual is rather seen as a malfunctioning machine whose deficiencies must be diagnosed or as a set of limitations to be overcome by means of technological devices. This volume aims at focusing on the perspective of human beings deriving from the development and use of technology: this change of perspective - taking the human being and not technology first - may help us to become more sensitive to the ambivalences involved in the interaction between humans and technology, as well as to adapt technologies to the people that created the need for its existence, thus contributing to improve the quality of life of senior citizens.

Carbs and Cals Chris Cheyette, Yello Balolia, 2010-11-01 This fourth edition contains information about carbohydrates, carbohydrate counting, diabetes, calories, losing weight, and how to effectively use the book.

Net Carb Counter Sheila Buff, 2005-06-28 Whether you're on Atkins, South Beach, Weight Watchers, Sugar Busters!, the Zone, or ANY of today's most popular weight-loss programs, the Net Carb Counter takes the guesswork out of shopping and meal planning by placing the essential net carb content information you need right at your fingertips!

Dr. Atkins' New Carbohydrate Gram Counter Robert C. Atkins, 1996 Lists carbohydrate content for hundreds of foods.

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