



# Alimentos Light e Diet (Portuguese Edition)

*Conceição Angelina dos Santos Pereira*

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O consumo de alimentos light e diet é crescente em todo o mundo, com grande diversidade deles no mercado. Portanto, conhecer as características da composição desses produtos contribui para a melhor escolha e uso mais adequado na elaboração de dietas. Foi com essa preocupação que as autoras elaboraram este livro, que traz informações detalhadas sobre esses alimentos com base na legislação brasileira em vigor, bem como exemplos que mostram diferenças relacionadas ao conteúdo de nutrientes e, ou, valor calórico entre os alimentos convencionais e aqueles denominados light e diet. A compreensão das informações nutricionais apresentadas nos rótulos desses produtos é de fundamental importância no momento de adquiri-los, visando preservar e promover a saúde. Alimentos Light e Diet – Informação nutricional é obra indicada a estudantes, pesquisadores, técnicos e profissionais da área de Nutrição e Saúde e afins e demais interessados, podendo, ainda, ser útil para capacitar funcionários de estabelecimentos que comercializam alimentos desta natureza.

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