
¿Verdad? ¿Mentira? La respuesta a los mitos más frecuentes de la alimentación

True? False? The answers to the most common myths about nutrition

Author: [Ismael Díaz Yubero](#) [1]

Author: [José Luis Murcia](#) [2]

Publisher: [EDITORIAL EVEREST, S.A.](#) [3]

Language: Spanish

Year of Publication: 2011

Pages: 276

Number of editions: 1

Spanish Retail price: 9.95€

ISBN: 978-84-441-2096-6

Genre: Gastronomy

SPRING

2012

Season: SPRING 2012

True or false? Fast food is poison. Microwaves turn food bad. 'Lite' products don't make you fat. You shouldn't eat between meals. Mineral water is healthier than tap water. Clear soup is good as a restorative. Melon, grapes and bananas are very fattening. Tomatoes today are worse than those in the past.

As interest in diet increases, there is more discussion, criticism, interviews, research, experimentation and public airing of the subject, in all the many types of media. In general these ideas are positive, and improve people's nutrition, but sometimes they can have a negative effect, reaching beyond their specific time and space and becoming MYTHS. This book analyzes the most well known of these, as a good example for readers and something to help them build their own nutritional criteria.

Publishing rights available from **Company:** EDITORIAL EVEREST

CIF: A28399970

Address: Ctra. León - La Coruña Km 5 Aptdo. 339 - 24080 León (Spain)

Contact: Fernando Burgueño

Phone: +34 987 844 200

E-mail: fburgueno@everest.es [4]

Website: <http://www.everest.es> [5]

Source URL: <http://s352986993.web-inicial.es/node/8238>

Links:

[1] <http://s352986993.web-inicial.es/node/7824>

[2] <http://s352986993.web-inicial.es/node/7825>

[3] <http://s352986993.web-inicial.es/node/21528>

[4] <mailto:fburgueno@everest.es>

[5] <http://www.everest.es>