



Alimentazione e Salute

COMPACT
disc
DATA STORAGE

Listening and reading the information included in this CD-ROM it is possible to learn the master lines for a correct alimentation, elaborated by the Italian Institute of Nutrition, value your weight and your nutritional needs, study in depth the action of the main groups of foods on one's health (from fruit to vegetables, from milk to meat, from fish to pulses), access to detailed information on all the nourishing foods (proteins, fats, carbohydrates and so on) as well as on the main products devoted to the human alimentation (from the A of albicocche to the Z of zenzero), identify the most correct nourishing behaviors in relation to physiological and pathological conditions.

Moreover, it is possible to discover characteristics and origins of the most important typical Italian products.

The presence of a glossary helps understanding the meaning of the most technical words. All the information can be recorded or printed.

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