



¿Gorditos o enfermos? La obesidad en niños y adolescentes (Spanish Edition)

Ruy Pérez Tamayo, Beatriz Y. Salazar Vázquez, Miguel Salazar Vázquez

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Este libro pretende ser un instrumento práctico y de consulta para prevenir o, en su caso, combatir el sobrepeso y la obesidad desde edades tempranas. En años recientes, cada vez más niños y jóvenes padecen exceso de peso; las causas más frecuentemente citadas son el tipo y la cantidad de alimentos ingeridos y la inactividad física. Otras causas menos comunes son trastornos hormonales, disfunción de ciertos órganos que participan en el aprovechamiento de los alimentos o factores hereditarios. La finalidad de este libro es educar en torno a la naturaleza del problema del sobrepeso y la obesidad en niños y adolescentes, y presentar una forma sencilla y práctica de enfrentarlo.



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