



Soja, Alimento e Saúde (Portuguese Edition)

Fernanda Botrel Oliveira, Conceição Angelina dos Santos Pereira, Maria Teresa Fialho de Sousa Campos

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A soja é um alimento nutricional de excelente qualidade, mas o seu consumo na alimentação humana ainda é muito baixo, talvez em razão do desconhecimento das diversas formas de aproveitamento desta leguminosa como alimento. Com vistas o objetivo de tornar a soja sempre presente na nossa alimentação e aproveitar seus inúmeros benefícios para a saúde, este livro apresenta várias informações nutricionais e várias receitas para sua melhor utilização.

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