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M?nânc s?n?tos ?i r?mân tân?r, un volum scris de nutri?ionistul francez Michel Montignac, Editura Litera, cel care a dat numele faimoasei diete Montignac - este o carte adresat? mai degrab? celor familiariza?i cu no?iunile de baz? în ce prive?te alimenta?ia corect?, âns? î?i doresc mai mult decât atât, î?i doresc aportul optim de vitamine ?i minerale din ...

Cele mai bune cinci c?r?i despre o ... - Filme si carti

In cartea Keep it Vegan a lui Aine Carlin veti gasi peste 100 de astfel de retete vegane gustoase. In carte veti gasi retete simple si sanatoase pentru micul dejun, pranz, ocazii speciale, sosuri si dulciuri. Aine Carlin este un blogger culinar cunoscut, originara din Derry-Irlanda de Nord. Dieta vegana este ideala pentru o stare de sanatate buna.

5 Carti de bucate cu retete sanatoase. Descopera-le!

Pag. 5 - terapii (diete) prin alimentatie. Co?ul dvs este gol. Contul meu

Terapii/Diete - Carti Minunate - 5

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Totodata, carbohidratii nu trebuie sa depaseasca 50% din totalul caloriilor consumate pe zi, proteinele trebuie sa fie 15-20% din totalul zilnic. De asemenea, trebuie sa consumati cel putin 4 portii de legume si fructe crude in fiecare zi, dar si aproximativ 20 g fibre pe zi.

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