



Dieta Zona. La nuova alimentazione. Guida pratica alla dieta Zona di Barry Sears (Italian Edition)

Enrico Arcelli

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Nuova edizione - Aggiunta sezione Omega 3 Vegetale

Alcuni sostengono che sia difficile seguire la strategia alimentare Zona perché è complicato riuscire a realizzare con i cibi il giusto bilanciamento fra i carboidrati, le proteine e i grassi, quel bilanciamento che la Zona stessa raccomanda per ottenere un ideale equilibrio ormonale. Questa guida si propone di dimostrare che, invece, arrivare ad assumere, in ogni pasto e in ogni spuntino, il 40% delle calorie dai carboidrati, il 30% dalle proteine e il 30% dai grassi è piuttosto semplice. All'inizio, di sicuro è necessario impegnarsi un po'. Ma, poi, diventa facile - quasi automatico - fare le più appropriate scelte qualitative e quantitative degli alimenti. E si può così fruire, anche per tutta la vita, dei vantaggi che la Zona garantisce.

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