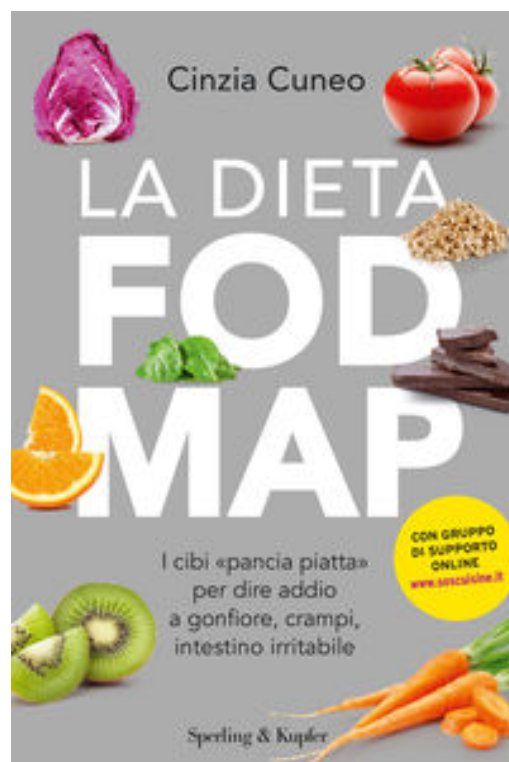


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Leggi ebooks La dieta FODMAP Cinzia Cuneo PDF, EPUB, mobi, L'alimentazione a basso contenuto di FODMAP - zuccheri difficili da digerire, contenuti in grano, latte, asparagi, soia, alcuni frutti e verdure, edulcoranti - è una delle poche diete scientificamente provate. Elimina gonfiore, crampi, stitichezza, sindrome dell'intestino irritabile in poche settimane, ed è indicata anche per i celiaci e per chi soffre di MICI (malattie infiammatorie croniche intestinali). È facile tornare in forma e ritrovare il benessere seguendo le semplici indicazioni contenute in questo libro.

Scoprirete:

- come identificare ed evitare i cibi ricchi in FODMAP
- quali alimenti possono sostituirli
- come costruire un piano alimentare personalizzato grazie alle 100 ricette e alle 3 settimane di menu poveri in FODMAP ma ricchi di vitamine, minerali, acidi grassi essenziali.

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