



Cocina para Celíacos. 100 recetas exquisitas dulces y saladas (Spanish Edition)

Bernarda Rossi

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Comer sano y natural es clave para que nuestro organismo se mantenga en su mejor estado, para que la salud tenga como meta el horizonte de sentirnos bien y en armonía con nuestra realidad física. Por eso, comer sano y natural es la meta que se propone esta colección, que ofrece deliciosas recetas con las que variar el menú de quienes padecen distintos trastornos que los obligan a llevar dietas estrictas con muchos ingredientes prohibidos. Nuestra idea es que comer sano y natural nunca debe ser un factor de fastidio, sino un acto de delicia. La enfermedad celíaca es un trastorno que compromete la salud intestinal y produce fallas en la absorción de distintos nutrientes. Afecta a 1 de cada 100 argentinos y requiere un tratamiento dietario muy especial: acatar la dieta apropiada. Es primordial, porque la salud y la vida de un celíaco dependen, en un 99%, de respetarla y de seguir las normas de seguridad alimenticias necesarias. Este libro contiene 100 sabrosas recetas aptas para celíacos, con el objetivo de que éstos amplíen y disfruten su alimentación.



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