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Quaglia

Miniblocchi di Macronutrienti - Gerona 2005

Memo Romano autori del libro " Vivere in Zona " pubblicato dalla casa editrice Sperling and Kupfer nell'anno 2003 Le tabelle sono state compilate con le seguenti modalità: • Le grammature di ogni miniblocco sono state ricavate dai dati forniti dall'Istituto Nazionale di Ricerca per gli Alimenti e la Nutrizione (ultimo aggiornamento 2000) • Solo in pochissimi casi (2-3% circa) e

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La dieta zona, detta anche dieta a zona o pro zona, nasce da un concetto molto semplice: sviluppare un mix di alimenti ad alto contributo nutritivo che diano il migliore rendimento in prestazioni per tutti i sistemi del nostro organismo, da quello immunitario alla SCELTE OTTIME CARBOIDRATI frutta 1blocco verdura 1blocco albicocche asparagi 300g ananas (1 fetta 50g) 100g bieta 350g arance (1

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alla Dieta Zona perché rispondono a un preciso bilanciamento dei nutrienti utili in ogni giornata Avete due strade: optare per un piatto unico, da suddividere poi in 3 parti uguali (una, grande e spesso quanto il palmo della mano, per le carni bianche, il pesce o le fonti proteiche vegetariane e gli altri due terzi per le verdure non amidacee e un po' di frutta) Oppure, portare in tavola

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