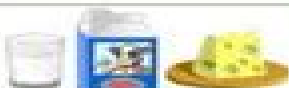


ALIMENTOS

	Recomendados	Limitados	Desaconsejados
	Leche y yogurt desnatados.	Queso fresco o con bajo contenido en grasa. Leche y yogurt semidesnatados.	Leche entera, nata, cremas y flanes, batidos, quesos duros, curados o muy grasos (bolsa, manchego, emmental...).
	Pollo y pavo sin piel, conejo. Clara de huevo.	Vaca, buey, ternera, jamón serrano (partes magras), jamón cocido, caza menor. Marisco. Huevo entero.	Cerdo y derivados, cordero, embutidos, hamburguesas, vísceras, salchichas, despojos (callos), salazones (mojama, huevas...) y ahumados.
	Todas las legumbres son especialmente recomendables.	Patatas fritas en aceite de oliva, girasol, soja o maíz.	Patatas-chips, patatas fritas en grasa o aceites no recomendados (coco, palma...).
	Todas las verduras (acelgas, espinacas,...) preferentemente hervidas. Hortalizas (tomate, lechuga,...) preferentemente crudas.	Aguacate. Aceitunas.	Venduras fritas.
	Todas.	Uvas, plátanos.	🚫 Frutas conservadas en almíbar.
	Pan integral, 2-3 galletas tipo María, cereales (preferentemente integrales).	Pan blanco, arroz, pastas, harinas.	Pasteles, bollería (croissants, ensaimadas, magdalenas, donuts...), ganchitos, galletas.
	Aceite de oliva, girasol, maíz.	Margarinas vegetales.	Manteca de cerdo, mantequilla, tocino, sebo, aceite de palma y coco.
	2-3 nueces.	Almendras, avellanas, castañas, dátiles.	Cacahuetes salados, coco.
	Agua, infusiones no azucaradas, café (2/día), té (3/día), vino tinto (2/día).	Cerveza sin alcohol.	Bebidas con chocolate, café irlandés, bebidas alcohólicas. 🚫 Refrescos azucarados. 🚫 Zumos naturales.
	Hierbas aromáticas, vinagreta, pimienta, y otras especias.	Mayonesa, bechamel elaborada con leche desnatada, sofritos, alioli.	Salsas hechas con mantequillas, margarina, leche entera y grasas animales.

🚫 Aumentan rápidamente la cantidad de glucosa en la sangre.

Dieta Del Semaforo Alejandro Chaban

Alejandro Chabán



Dieta Del Semaforo Alejandro Chaban:

The Enigmatic Realm of **Dieta Del Semaforo Alejandro Chaban**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Dieta Del Semaforo Alejandro Chaban** a literary masterpiece penned by way of a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of people who partake in its reading experience.

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