

La Dieta **Flexitariana**

Disfruta las
ventajas del
vegetarianismo...

¡sin
renunciar
al placer
de la carne!



Beatriz Rada Solórzano
Nutricionista - Dietista

Dieta Flexitariana Disfruta Vegetarianismo Renunciar

Beatriz Rada



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La Dieta Flexitariana Beatriz Rada, 2015-12 ¿Qué es la dieta flexitariana? Lo mejor de dos mundos. Los días que escoges eres vegetariano y el resto incluyes la carne de tu preferencia. Esta flexibilidad enriquece tu dieta con alimentos integrales provenientes de plantas y preserva tu libertad de comer carne cuando te apetezca. Disfruta estos beneficios: 1 obtienes un peso saludable y manténlo para siempre; 2 aprendes a diferenciar los alimentos naturales que te benefician de la comida ultra procesada que te perjudica; 3 protege tu salud disminuyendo el riesgo de sufrir enfermedades del corazón, diabetes y cáncer; 4 descubre los secretos de los pueblos más longevos del mundo y sus males asociados a tu vida. Grasas o carbohidratos. Puedes disfrutar de ambos. Lo importante es su calidad. Incluye Atención Plena. Añade placer al acto de comer utilizando principios de meditación budista, nete a la defensa del planeta reduciendo la carne, contribuyes a combatir el cambio climático y la devastación ambiental que amenaza la Tierra.

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