# Diabte 21 Jours De Menus Gratuit

# **G Psacharopoulos**

Diabète Alexandra Leduc, 2013-10-11 Vous êtes diabétique et vous ne savez pas ce que vous pouvez manger sans risque pour votre santé? Pour une personne diabétique, surveiller son alimentation est fondamental. De saines habitudes alimentaires peuvent non seulement atténuer les symptômes, mais aussi prévenir l'apparition de complications liées au diabète. Ce guide répond spécifiquement à vos besoins en vous permettant : de comprendre le diabète et les mécanismes de régulation de la glycémie grâce à l'alimentation ; de répondre efficacement à vos besoins énergétiques en décryptant les étiquettes nutritionnelles ; de profiter de recommandations claires pour identifier facilement les bons et les mauvais ingrédients ; de planifier et de diversifier vos repas et vos collations grâce à des menus quotidiens adaptés à votre état de santé. Découvrez des recettes savoureuses, faciles et rapides à préparer : pain doré à la cannelle, muffins aux carottes et au yogourt, saumon à la moutarde, quiche aux épinards, salade fruitée de poulet et quinoa, hamburgers aux oeufs, pouding au citron, et retrouvez le plaisir de manger, sans crainte et sans complexe. Faites de votre alimentation votre alliée santé!

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