



## Sem Açúcar: Doces, bolos e tortas liberados (Viva Melhor) (Portuguese Edition)

*Editora Melhoramentos*

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O açúcar é um dos maiores vilões nas dietas restritivas. Quando consumido em excesso, pode levar à obesidade, à hipertensão, a alguns tipos de câncer e, principalmente, ao diabetes. Em “Viva Melhor: Sem açúcar” você vai encontrar receitas saborosas e variadas que são permitidas aos diabéticos. Nossas receitas não substituem a orientação oferecida de forma individualizada por profissionais da saúde, mas todas elas trarão benefícios ao seu plano alimentar. “Viva Melhor” é uma coleção dedicada à alimentação saudável e equilibrada, na qual as necessidades nutricionais individuais são respeitadas para que todos possam ter à mão receitas adequadas, saborosas e bem variadas. Todas elas apresentam foto, contagem nutricional por porção, indicação de tempo de preparo e de dificuldade. Com elas, você poderá planejar refeições deliciosas e práticas e descobrir como pode ser fácil optar pela boa saúde.



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