



Herzgesunde Ernährung: Gesundes Essen für ein starkes Herz (German Edition)

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Mit dem was wir essen und wie viel wir essen, können wir unmittelbar auf die Gesundheit des Herzens und der Gefäße Einfluss nehmen und so das Risiko von Herzinfarkt, Bluthochdruck und Schlaganfall reduzieren. Dieses Buch stellt die dazu wichtigen Nährstoffe und die besten Speisen vor und zeigt anhand beispielhafter Rezepte, wie sich essenzielle Nährstoffe in Frühstück, Mittag- und Abendessen integrieren lassen. Mit den besten "Supernahrungsmitteln" wie z.B. Mandeln, Beeren und Hülsenfrüchten oder Lachs und gesunden Portionsgrößen können Sie jeden Tag auf einfache Weise etwas für Ihre Gesundheit tun.



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