



Mais Cálcio: Receitas com alimentos que favorecem os ossos (Viva Melhor) (Portuguese Edition)

Editora Melhoramentos

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Além de componente fundamental do esqueleto humano, o cálcio é responsável pela sustentação do corpo, pela proteção de órgãos vitais e pela nossa locomoção, atuando também na transmissão de impulsos nervosos, nas contrações musculares e na coagulação do sangue. Em “Viva Melhor: Mais cálcio” você vai descobrir bons motivos para optar por alimentos que favorecem a saúde dos ossos. As receitas são variadas, muito práticas e permitem a composição de cardápios tão saborosos quanto saudáveis. “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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