

# Ler Livro Online **Bebê Orgânico** Angela Jacobino



Faça o download ou leia online **Bebê Orgânico** Angela Jacobino , Ao surgir, a Dieta Paleo foi desacreditada porque a quase totalidade de suas propostas surpreendentes seguia numa direção oposta à maioria maciça das dietas comuns. Em pouco tempo, as dúvidas foram respondidas por nutricionistas mais esclarecidos e ficamos sabendo que a Paleo nada mais é do que a dieta adotada pelos nossos ancestrais ao longo de milênios, porém, sofisticada pela tecnologia e pelo conhecimento que hoje possuímos. **Bebê Orgânico** traz os fundamentos da Dieta Paleo adaptados para a alimentação de crianças da primeira idade, com receitas culinárias e recomendações sobre nutrição elaboradas por especialistas. Também apresenta listas de alimentos que são adequados ou não para adeptos da Dieta Paleo e discute mitos e crenças acerca dela.

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