

Read Les 100 Aliments IG à Volonté Le Livre En Ligne PDF EPUB Mobi- Angélique Houlbert



Read Les 100 aliments IG à volonté Angélique Houlbert le livre en ligne PDF EPUB mobi, 100 aliments pour maigrir et rester mince en toute sécurité Des centaines de milliers de personnes suivent une alimentation à index glycémique (IG) bas pour maigrir, rester mince ou contrôler un diabète : elles savent que c'est efficace pour maîtriser leur sucre sanguin et surtout scientifiquement validé par des dizaines d'études. Ce guide unique en son genre présente 100 aliments qui s'intègrent parfaitement au régime IG, au régime Montignac ou aux régimes pauvres en glucides. Sans calcul compliqué, vous allez pouvoir élaborer à l'infini des menus qui ne provoqueront pas de pics de glycémie, notamment grâce à 100 recettes faciles et savoureuses. Ce guide passe en revue les propriétés nutritionnelles de chaque aliment, ses atouts santé, vous dit comment l'intégrer au régime IG, comment l'acheter, le conserver, le préparer. Pour chacun d'eux vous est proposée une recette adaptée à la cuisine de tous les jours, avec des ingrédients simples et peu onéreux. En exclusivité :

- l'index glycémique et la charge glycémique des 100 aliments
- leur indice de satiété et leur densité calorique
- un résumé des principes du Nouveau Régime IG

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