

La cocina de la salud

Cooking for health



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La cocina de la salud demonstrates how to have a healthy diet and enjoy eating. The book follows the life of a family over a normal day to illustrate how to improve, among other things, breakfast, food shopping, storing food at home and how to cook it. But the work is not solely about nutrition; its arguments come from within a wider context of health, and so it also covers questions such as exercise, watching one's weight, blood pressure, cholesterol, and how to teach children to take care of their bodies and avoid addictions. La cocina de la salud - which includes abundant illustrated tables with practical advice - will discover how people of all ages, with varied tastes and needs, can sit at a table and enjoy eating together and having a healthy life.

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