



# Los zumos de frutas y hortalizas. Una alternativa para comer sano (Spanish Edition)

*Véronique Liégeois*

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Para sacar provecho de todas las propiedades de frutas y vegetales, la mejor manera es extraer su zumo y preparar deliciosas bebidas que se saborearán en cualquier momento del día. Véronique Liégeois, dietista, nos cuenta aquí todos los secretos para preparar sabrosos zumos (material, técnicas, elección de frutas y vegetales, dosis, conservación, aditivos...). Nos explica también: el interés dietético de frutas y vegetales (aportes de glúcidos, vitaminas, minerales, fibras...); cómo orientarse en la selva de los zumos industriales (reglamentación, diferencias entre los zumos frescos, pasteurizados, congelados...); las propiedades dietéticas de las principales frutas y vegetales; docenas de recetas de zumos de frutas y vegetales. Gracias a esta completa y didáctica obra, podrá proponer a toda su familia una cura de zumos de frutas y vegetales para resolver los pequeños problemas de salud, remineralizar y reequilibrar el organismo, resistir sin problemas los cambios de estación, cuidar la belleza, etc.

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