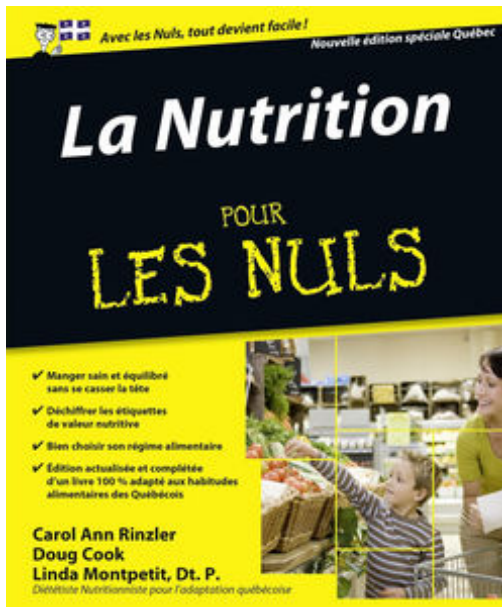


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Quand on comprend les principes de la nutrition, rien de plus facile que de bien choisir ses aliments et de manger sainement ! Grâce à ce livre, pas besoin d'avoir étudié la nutrition au Cégep ou à l'université pour tout comprendre. Vitamines, minéraux, protéines, glucides, graisses, calories, suppléments... : vous apprendrez à vous y retrouver facilement. L'objectif : évaluer vos besoins en calories, éviter les aliments qui contiennent trop de calories, atteindre votre poids santé et le maintenir !

Mis à jour avec les dernières études internationales, ce livre a été **adapté aux habitudes alimentaires et aux spécificités québécoises** par une nutritionniste québécoise. Avec un carnet d'adresses spécial Québec !

Dans ce livre, vous apprendrez à :

- Profiter des bienfaits des fruits et des légumes
- Bien utiliser le Guide alimentaire canadien
- Préparer des repas savoureux et nutritifs
- Bien conserver ses aliments
- Bien doser les portions
- Manger sainement au resto... et beaucoup d'autres choses encore !

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