

Grupos de alimentos



1 Frutas Ácidas
 cítricos, naranja, limón, mandarina, pomelo, tomate

2 Frutas Semi ácidas
 Albaricoque, cereza, fresa, figo, kiwi, melocotón, pera, sandía, manzana, uva



3 Frutas Dulces
 ciruela, higo seco, arándanos, uvas pasas

4 Frutas oleaginosas
 aguacate, almendra, maní, nuez de cacahuete, maca, pistón, pistachos, sésamo, coco, anacardo, pipas de calabaza



5 Cereales

arroz, trigo y derivados, harina, copos, pasta, maíz y derivados, avena, mijo, cebada, pan de cualquier tipo



6 Legumbres y Germinados

garbanos, guisante, soja, lenteja, vicia, cacahuete, brotes de alfalfa y otros, habas, algarroba



9 Verduras
 acelga, apio, coñif, espinaca, escarola, espárrago, espinaca, lechuga, champiñones y setas, brócoli

8 Feculosas
 berroto, castaña, patata, plátano, zanahoria cocida



10 Ajos y Cebollas



11 Huevos
 gallina, pato, codorniz, etc.



12 Leche
 entera, semi desnatada o desnatada, yogur



7 Hortalizas
 alcachofa, berroqueto, calabaza, calabacin, nabo, pepino, pimiento, puerro, nababo, zanahoria, zanahoria



14 Quesos
 todos los quesos industrializados de regimén



13 Mantequilla
 mantequilla margarita



15 Carnes y pescados
 carnes, pescados y mariscos al natural, embutidos, conservas y encurtidos



Tabla de compatibilidades

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
2	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
3	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
4	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
5	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
6	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
7	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
8	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
9	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
10	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
11	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
12	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
13	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
14	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
15	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+

CÓMO UTILIZAR ESTA TABLA
 La idea es que puedas comer de todo y en la cantidad que quieras. Simplemente no has de mezclar alimentos incompatibles. Para saber que alimentos son compatibles entre sí y cuáles no procede de la siguiente forma:

- Busca el primer alimento de la descripción de arriba y apunta el número del grupo al que pertenece.
- Busca el segundo alimento de la descripción de arriba y apunta el número del grupo al que pertenece.
- En la tabla de abajo cruza los 2 números y obtendrás como resultado:
 - Un verde (+) puedes mezclarlos sin problemas y seguirás perdiendo peso.
 - Un rojo (-) no debes mezclarlos en una misma comida, hay que separarlos porque te perjudican.
 - Un azul (±) significa que puedes mezclarlos cuando quieras, depende el caso pero no cuando quieras adelgazar.

Dieta Disociada 9501

Ursula Summ



Dieta Disociada 9501:

Anuario I.S.B.N. ,1997 Dieta disociada Ursula Summ, *Dieta disociada* Gerda Nudelmann,2018-09-01 La obesidad es un problema cada vez más común y por esa razón buena parte de la población mundial tiene que lidiar con ella en algún momento de su vida Y generalmente el camino para hacerlo es iniciando una dieta Hoy en día y desde hace tiempo no son precisamente modelos de dietas o programas de alimentación lo que faltan Desde conjuntos de serios consejos basados en evidencias científicas hasta delirantes planes que ponen en peligro la salud la variedad de regímenes alimenticios está a la orden del día La dieta de la sopa la de South Beach la de la luna la líquida la del limón la del ajo la Montignac la del color la de los cinco días la hipocalórica la de los astronautas etcétera Sin embargo algunas de ellas son serias y fiables mientras que otras no lo son La dieta disociada pertenece al primero de los grupos Basada en una serie de sencillos principios que indican que alimentos pueden combinarse en una misma ingesta o comida y cuáles no la dieta disociada más que un régimen de adelgazamiento en sentido estricto es en realidad una forma de alimentación en pro del bienestar y de la salud y por lo tanto en contra del exceso de peso Mediante su implementación que se basa en sencillos hábitos se optimiza y simplifica el proceso digestivo y se ayuda al organismo a eliminar mejor y más rápidamente las toxinas que causan entre otros inconvenientes y dolencias la obesidad Se trata además de una dieta que permite ingerir multiplicidad de alimentos siempre que se los combine convenientemente frutas verduras crudas y cocidas quesos hierbas aromáticas mariscos cereales yogurt aceite manteca quesos blandos carne de ternera pollo pavo pescados harinas leche semillas pastas salsas y huevos legumbres

Dieta disociada : combinar alimentos para adelgazar Gerda Nudelman,2011-10 **Adelgazar con la dieta disociada** Ursula Summ,2000

The Top Books of the Year Dieta Disociada 9501 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the engaging narratives that have enthralled audiences this year. Dieta Disociada 9501 : Colleen Hoover "It Ends with Us" This heartfelt tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and suspenseful novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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web the female reproductive system includes 2 ovaries female hormones oestrogen and progesterone are produced in the ovaries and eggs are stored here to mature and be released in ovulation fallopian tubes these are 2 thin tubes that connect the ovaries to the uterus allowing the egg to be transported

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