



## Verde que te como verde (Spanish Edition)

*Rius*

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# Verde que te como verde (Spanish Edition)

*Rius*

## **Verde que te como verde (Spanish Edition) Rius**

Este libro -explica Rius- trata de ser una guía para la crisis que estamos viviendo, para que la gente sepa "al menos" qué plantas pueden estar a su alcance cuando las cosas se pongan feas (si se ponen peor). Rius informa ampliamente al lector sobre la buena alimentación y aprovechamiento de los nutrientes que contienen los vegetales.

A su manera, sintética y humorística, el autor describe cada una de las plantas, subrayando sus propiedades y enseñando cómo sacarles el mayor provecho. Con este propósito se incluyen tablas de contenido de proteínas, vitaminas y minerales de las plantas, las frutas y otros alimentos para aprender a balancear nuestra dieta. Así su conclusión es muy sencilla, pero contundente: "¡Éntrele a las verduras, son muy buenas!"

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