

COSA QUE DEBES SABER:



- El azúcar morena es igual a la blanca
- Las vitaminas no engordan no tienen calorías
- Comer cada 3 horas no acelera el metabolismo
- Los huevos no aumentan el colesterol ni dañan el corazón
- Las grasas buenas son necesarias en la dieta
- El agua con limón es solo agua con limón
- Los carbohidratos no son malos, no los elimines

Cosas Que Debes Saber

Katrin Zwirgmaier



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