

Cibi per combattere lo stress

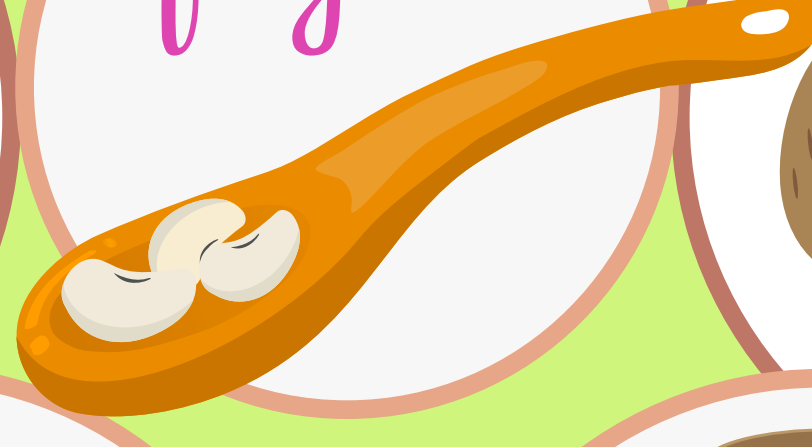
Porta in tavola gli alleati giusti

Fidati del magnesio

spinaci



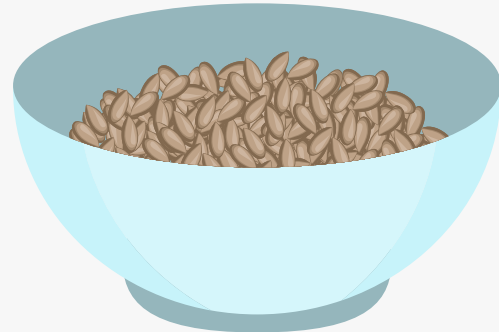
fagioli



noci



semi oleosi



cereali integrali



Fai il pieno di Omega 3

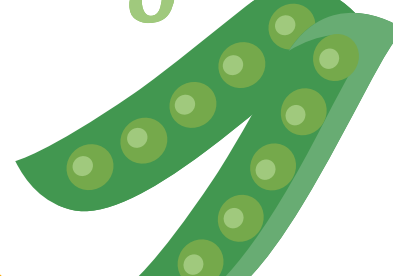
pesce



semi



legumi

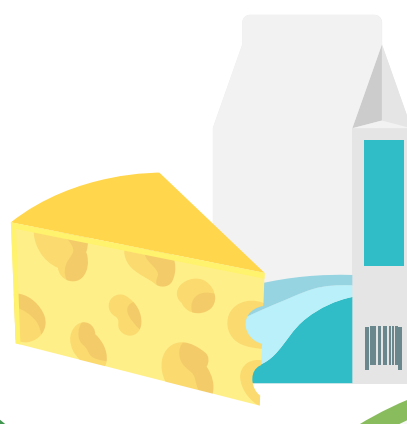


alghe



Mai senza vitamine del gruppo B

latticini



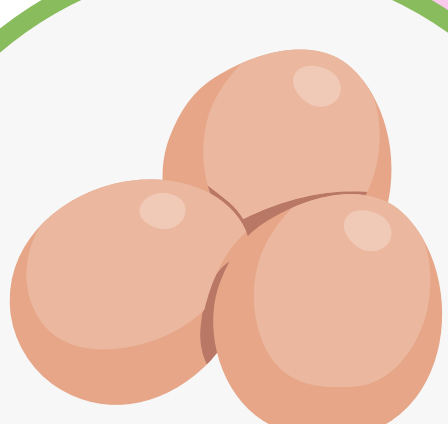
cereali



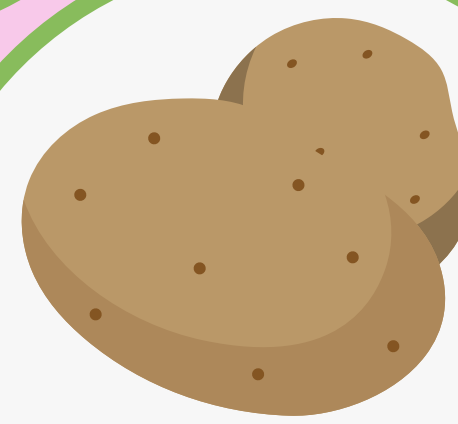
carne



uova

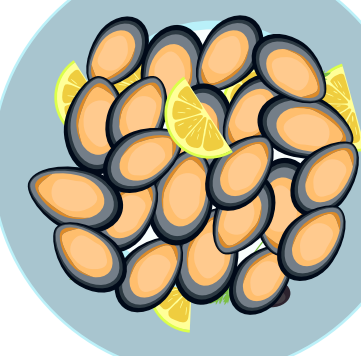


patate



Più zinco per tutti

ostriche



carne di manzo



tuorli d'uovo



Ottimi per un buon riposo

miele



avena



Metti i probiotoci nel piatto

yogurt

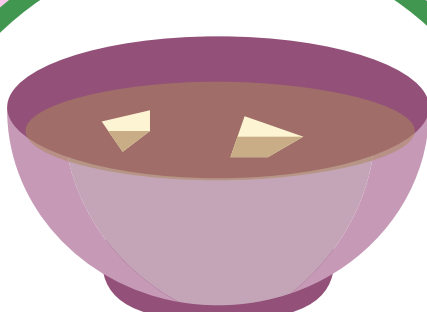


kefir

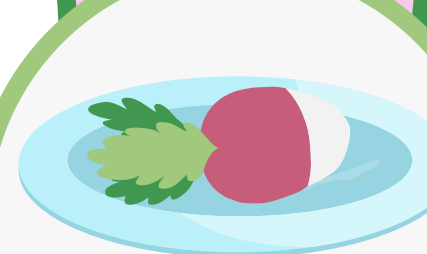


Cibi fermentati, che salute!

miso



brovada



crauti



verdure fermentate

