
Cibi Fermentati Integratori Probiotici Naturali Greenme

quale dieta per la colite ulcerosa - microitalia - pesci magri lessi prosciutto sgrassato (sia crudo che cotto) verdura: carote, finocchi, insalata, melanzane, zucchine yogurt e alimenti probiotici in genere (quando non vi sia intolleranza al lattosio). la preferenza va poi a piatti semplici e non elaborati; da evitare assolutamente le frittiture. può essere utile bere un po'™ piø del normale, specialmente nel caso in cui si abbiano frequenti ... **la dieta per i diverticoli - dr. francesco g. biondo** - aumentare il consumo di fibre per aumentare la percentuale di fibre nella dieta è opportuno assumere: o prodotti a base di cereali integrali (pane, fette biscottate, biscotti, cracker) o 2-3 porzioni di verdura ogni giorno, sia cruda che cotta. le varietà più ricche di fibra sono agretti, asparagi, cavolfiore, carciofi, funghi, broccoli, melanzane, cicoria.

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