

# Vegpyramid Junior La Dieta Vegetariana Per I Bambini E Gli Adolescenti Pdf

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Webrealizzazione di una dieta ottimale a base vegetale. Dieta che a livello internazionale trova proprio la sua più recente rappresentazione nella VegPyramid. Gli ultimi studi sono concordi nell'affermare che qualunque dieta sana, anche se onnivora, deve basarsi principalmente su cibi vegetali. Per questo i consigli contenuti in questa guida non

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Webrischi per la propria salute e sicurezza, tanto più se le figure adulte sono vissute come distanti o come poco comprensive. Il presente volume offre indicazioni ed esempi pratici utili per chi, operando con adolescenti e giovani adulti, voglia trovare le modalità comunicative più efficaci per mantenere la

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