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Daily Thought on Thursday, February 6, 2020: Present your flaws on the altar of God as your offering, and He will... Daily thought on Wednesday, February 5, 2020: God knows all the steps of man, but above all he knows ... Daily Thought on Tuesday, February 4, 2020: It doesn't necessarily all depend on the color of the crystal one looks. There's... Daily Thought on Monday, February 3, 2020: God is more than any adversity that may come into my life; By... Daily Thought on Sunday, February 2, 2020: Without faith it is impossible to please God. Faith believes in God. Is... Daily Thought on Saturday, February 1, 2020: Love surrenders. God loved me and gave himself for me; Left it... Daily Thought for Friday, January 31, 2020: You don't need to work for God to hear this. Just telling him ... Daily Thoughts on Thursday, January 30, 2020: Don't trust your own powers. Don't fight for change in ... Daily Thought on Wednesday, January 29, 2020: The believer in Christ Jesus is different. Don't let the world tell you... Daily Thought on Tuesday, January 28, 2020: a believer in Christ Jesus must look at his life differently than ... Daily Thought on Monday, January 27, 2020: Problems almost always come into our lives without warning. They take us by surprise... Daily Thought for Sunday, January 26, 2020: One who is willing to give all glory to Jesus Christ submit to His Lord. Daily Thought on Saturday, January 25, 2020: You can surround many people and feel lonely. Jesus Christ is my great ... Full cover of two fatos no momento em que eles acontecem e análise de quem voc No Portal Jovem Pan Brasil vai para o espaço quando imprensa for respons'vel, diz Bolsonaro Pand potemiae levar ' pior crise de fome na America Latina em 30 years Vira-latas staram classic works of art EM calend'rio accuses the U.S. of deportation Venezuela Chile secretly seeks responsibility for the criminal incondium igreja during the protests Francois reacts to terrorism com pris'es e expulsões do pa's Gata de estimao and primeiro animals discovered with Covid-19 no Brazil Sesc e Farol Santander retomam atividades em Sao Paulo: veja programas Na Bolivia, advers'rio Luis Arce J e reconhece derrota nas elei'es tictok Volta work no Pakistano ap concordar em 'moderar conte'do' No espacio, improvisam astronauts conserto de estacao com fita adesiva Bread is not fattened and is a very healthy food if we learn to choose the option and watch portions of Good bread from flour non-mail and 100% grain is a complete food that is distinguished by its extraordinary content of carbohydrates, fiber, vitamins and minerals. Photo: RitaE image in Pixabay / Pixabay Bread is a major consumer product and is derived from flour, which is a small powder that is derived from various grains. In recent years much has been said about the consumption of bread, especially since they are associated with a counterproductive effect on weight loss, which is why many people have decided to exclude it from the diet. However, some nutritionists agree that it is unhealthy to skip bread intake, which is important to know how to choose nutritious and beneficial options for the body. The truth is that today dozens of varieties of bread are displayed on store shelves and numerous homemade recipes have also come to light, some healthier than others. Bread is a food full of energy and in its integral versions, it is characterized by a high content of carbohydrates, amino acids, vitamins, minerals and fiber, all considered essential nutrients for the proper functioning of the body. There are also options that differ using refined grains and offer very little in terms of nutrition. The truth is that bread is not fattening and can be very nutritious if we know how to choose an option, portions and learn how to eat it. Although consumption should be moderate, it is an important element of any balanced diet, the World Health Organization (WHO) recommends consumption of 250 grams per day. There is information pointing to a significant decrease in bread consumption, in particular, over the past three decades it has decreased from 134 to 45 kg per person per year, as confirmed by the Spanish Confederation of Bakenies The good news is that there are scientific links that support the benefits of consuming bread and actually integrate it as an important food in every balanced diet. Among the main ones is the work led by Dr. Rosa Ortega, who is Professor of Nutrition at the Faculty of Pharmacy at Complutense University in Madrid. The study is entitled: Eating habits, energy consumption and nutrients and being overweight/obese in Spanish schoolchildren and in which it concludes that children who eat more bread have a lower percentage of overweight and obesity, ingest more nutrients, maintain a more balanced diet, lower body mass index and record better cardiovascular risk. What is the healthiest version of bread? Once the myth of bread consumption has been broken and its benefits have been proven through various studies, it is very normal for us to wonder about really healthy and recommended options. A box of bread will be the least nutritious and advised option, this is because it is processed bread that is characterized by fatty sugars and additives that are added in order to lengthen the shelf life. The healthiest bread will always be the version that contains the most grains, and that is made using 100% flour from human flour. The best advice when choosing will always read the labels and look specifically at the amount of grain it contains. Given the three main concepts based on its contents in: Bran: the outside of the grain, characterized by its vitamin B content, some minerals and fibers. Hemen: It is a part of the plant that produces new plants, contains vitamins, minerals and proteins. Endosperma: Inside the grain and is characterized by a high content of carbohydrates and proteins. The healthiest: whole wheat bread: it is the most common and best-selling version of healthy bread and is characterized by its insoluble fiber content. Always make sure it is done with whole grains and chooses the darkest color options, usually the most natural and with the least contribution to supplements. Whole grain sprouted: Sprouted bread is made from whole grains, which began to germinate due to the effects of heat and moisture. It has been shown that germination increases the quantity and availability of some important nutrients. Sourdough bread: Sourdough is made by a fermentation process that relies on natural yeast and bacteria to allow the bread to grow. Fermentation helps reduce the amount of phytic acids, also known as phytic acid, which are linked to certain minerals and prevent their absorption. Here's why do with sour dough can be digested much easier than other options, because of its content in prebiotics. Oat bread: Oat bread is usually made with a combination of oatmeal, whole grain flour, yeast, water and salt. Most of its qualities are related to the nutritional and therapeutic power of oats and its health benefits. These are bread rich in fiber and essential nutrients such as magnesium, vitamin B1 (thiamin), iron and zinc. Fiber in oats, known as beta-glucan, can help lower cholesterol, regulate blood sugar and lower high blood pressure. Rye Bread: This is one of the most diverse bread options and you usually love or hate it. It is one of the healthiest bread options and refers to the great taste and extraordinary content of nutrients and fiber. This is one of the most recommended alternatives to lose weight and benefit digestion. Coverage of two fatos das eleis municipais principios 2020 hair Of Brazil and anelis de quem voc' confia no portal Jovem Pan. 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