



## El poder de los antioxidantes (Spanish Edition)

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# El poder de los antioxidantes (Spanish Edition)

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Cada vez más investigaciones vinculan a las frutas y verduras ricas en antioxidantes con una disminución en el riesgo de sufrir cardiopatías, cáncer y muchas otras enfermedades. Pero ¿por qué es tan recomendable comer frutas y verduras? ¿Se debe a componentes presentes en los productos vegetales o se trata de alguna combinación especial de nutrientes? Sea por lo que fuere, realmente vale la pena conocer el poder de las 10 mejores frutas y verduras antioxidantes.

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