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confira mais alguns benefícios das dietas vegetarianas para a saúde baseados em estudos científicos 1 estimula a perda de peso mudar para uma dieta vegetariana pode levar à perda de peso

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vegetariana

para te ajudar no dia a dia elaboramos um cardápio dieta vegetariana com ideias práticas e saudáveis lembrando que é importante procurar auxílio médico para individualizar cada etapa da alimentação

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