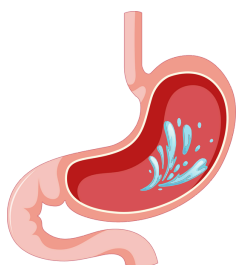


Le temps de digestion des aliments...



*Il impacte l'énergie, la satiété et le sommeil.
Trop rapide → faim précoce, baisse d'énergie.
Trop long → fatigue, sommeil perturbé.*

Faites les bonnes associations !



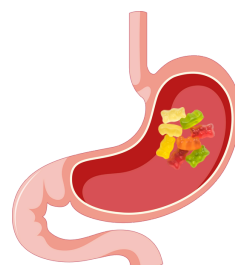
Eau

0 minute



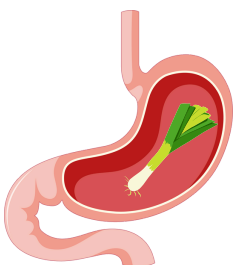
Boissons sucrées

30 minutes



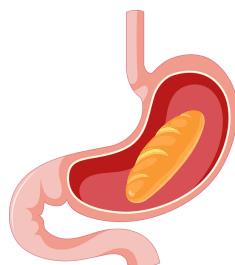
Produits sucrés

1 heure



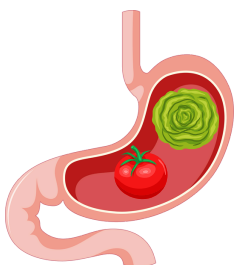
Légumes cuits

1 heure



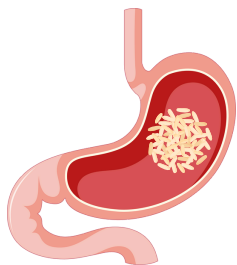
Pain blanc

1 heure 30



Légumes crus

2 heures



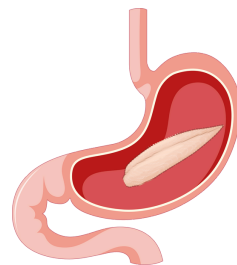
Riz/Pâtes

2 heures



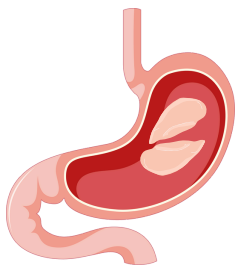
Oeufs

2 heures



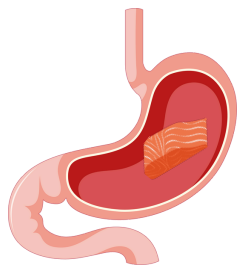
Poisson blanc

2 heures



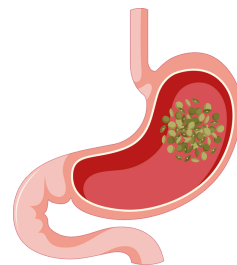
Viande blanche

3 heures



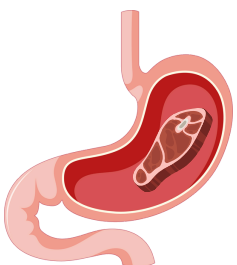
Poisson gras

3 heures 30



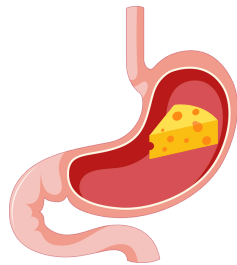
Légumineuses

3 heures 30



Viande rouge

5 heures



**Fromage gras
Charcuterie**

5 heures



**Produits frits,
pizzas, sauces**

6 heures