



Productos del mar muy saludables (Spanish Edition)

Adolfo Pérez Agustí

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El mar es la depensa de la Humanidad, la fuente de alimentación mayor que existe y que apenas requiere cuidados. Contiene suficientes alimentos para acabar con el hambre mundial, pero pocas personas parecen darse cuenta y siguen dedicando grandes extensiones de terreno y recursos a la alimentación cárnica. En este libro descubrimos los productos marinos de mayor interés, entre ellos las algas, la sal marina, los pescados y mariscos, así como el plasma Quinton, sin olvidar el plancton.

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