

11 GOEDE KOOLHYDRATEN BIJ AFVALLEN

Zijn koolhydraten nou juist goed of slecht als je wilt afvallen?
Dit zijn 11 koolhydraatrijke voedingsmiddelen die jou helpen met afvallen.

3 VOORDELEN VAN GOEDE KOOLHYDRATEN

- 1 Je houdt langer een vol gevoel
- 2 Geen pieken in je bloedsuikerspiegel
- 3 Vol mineralen, vitamines en eiwitten



74%

BOEKWEIT

98% langzame koolhydraten
Fantastische bron van een plantaardig eiwit (8 gram per 100 gram).



61%

HAVERMOUT

Meeste eiwit per 100 gram (13 gram) en vezels (7 gram)!

Havermout kan je ook heel goed gebruiken voor het bakken van gezonde koekjes en cakes.



26%

ZILVERVLIES (BRUINE) RIJST

Bestaat voor 100% uit langzame koolhydraten.
Bevat 9 tot 18% B vitamines.

Bij zilvervliesrijst profiteer je van het voedingsstofrijke vliesje wat nog om de rijstkarnel heen zit.



20%

BANANEN

Banaan is rijk aan kalium. 1 medium banaan geeft 11% van de ADH.

Kalium reguleert de bloeddruk en ondersteunt het zenuwstelsel.



19%

QUINOA

Gekookte quinoa bevat 19 gram Kh. Dit zijn voor 98% langzame koolhydraten.

Heeft een compleet eiwitprofiel en bevat 4 gram essentiële aminozuren.

WAAROM ZIJN DIT 'GOEDE KOOLHYDRATEN'?

- 1 Ze bevatten veel voedingsvezels
- 2 Het zijn langzame koolhydraten
- 3 Ze hebben een lage Glycemische Index



73%

GEDROOGDE DADELS

100 gram is ongeveer 13 stuks.

Vezels. Met 4 dadels heb je al 9% van de ADH.

Gebruik dadels als alternatief voor suiker in recepten voor zoete cake, taart en koek.



54%

GEDROOGDE VIJGEN

Vezels, vezels, vezels! Met 5 vijgen heb je 18% van je dagelijkse behoefte.

Waardevolle bron van plantaardig eiwit.



21%

ZOETE AARDAPPELS

73% langzame koolhydraten.

Een bijzonder goede bron van vitamine A, essentieel je immuunsysteem.



19%

ZWARTE BONEN

Deze toppers zitten vol vezels (6 gram) en eiwitten (6 gram)

Bonus: Peulvruchten zitten propvol mineralen (ijzer) en B vitamines.

Zwarte bonen zijn één van de meest gezonde koolhydraatrijke groenten!



14%

MANGO

Vezelrijke vrucht die veel vitamine A en C bevat (50% van de ADH).

Caloriearm.



6%

RODE BIET

Is zeer vezelrijk en heeft een positief effect op bloedsuikerwaarde.

Rijk aan nitraat, meer dan 100% van de ADH.

Bieten zijn rijk aan nitraat, dit houdt je bloeddruk op een gezond peil. Daarnaast is het een goede bron van vitamine C, folaat en ijzer.



Alle voedingswaarden zijn per 100 gram

Voeding En Gezondheid 12 Langzame En Snelle Koolhydraten

AN Whitehead



Voeding En Gezondheid 12 Langzame En Snelle Koolhydraten:

Brinkman's cumulatieve catalogus van boeken ,1988 Voorts een alfabetische lijst van Nederlandsche boeken in België uitgegeven **Bibliographie de Belgique** ,1991 **Brinkman's catalogus van boeken en tijdschriften** ,1992 With 1901 1910 1956 1960 Repertorium is bound Brinkman's Titel catalogus van de gedurende 1901 1910 1956 1960 Title varies slightly *Boekblad* ,1987 **Langzame en snelle koolhydraten** Bob Leonard Theo Belderok,1987 De diverse aspecten van langzame en snelle koolhydraten in de voeding

The book delves into Voeding En Gezondheid 12 Langzame En Snelle Koolhydraten. Voeding En Gezondheid 12 Langzame En Snelle Koolhydraten is a vital topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Voeding En Gezondheid 12 Langzame En Snelle Koolhydraten, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Voeding En Gezondheid 12 Langzame En Snelle Koolhydraten
 - Chapter 2: Essential Elements of Voeding En Gezondheid 12 Langzame En Snelle Koolhydraten
 - Chapter 3: Voeding En Gezondheid 12 Langzame En Snelle Koolhydraten in Everyday Life
 - Chapter 4: Voeding En Gezondheid 12 Langzame En Snelle Koolhydraten in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Voeding En Gezondheid 12 Langzame En Snelle Koolhydraten. This chapter will explore what Voeding En Gezondheid 12 Langzame En Snelle Koolhydraten is, why Voeding En Gezondheid 12 Langzame En Snelle Koolhydraten is vital, and how to effectively learn about Voeding En Gezondheid 12 Langzame En Snelle Koolhydraten.
 3. In chapter 2, this book will delve into the foundational concepts of Voeding En Gezondheid 12 Langzame En Snelle Koolhydraten. The second chapter will elucidate the essential principles that must be understood to grasp Voeding En Gezondheid 12 Langzame En Snelle Koolhydraten in its entirety.
 4. In chapter 3, this book will examine the practical applications of Voeding En Gezondheid 12 Langzame En Snelle Koolhydraten in daily life. The third chapter will showcase real-world examples of how Voeding En Gezondheid 12 Langzame En Snelle Koolhydraten can be effectively utilized in everyday scenarios.
 5. In chapter 4, this book will scrutinize the relevance of Voeding En Gezondheid 12 Langzame En Snelle Koolhydraten in specific contexts. The fourth chapter will explore how Voeding En Gezondheid 12 Langzame En Snelle Koolhydraten is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about Voeding En Gezondheid 12 Langzame En Snelle Koolhydraten. This chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Voeding En Gezondheid 12 Langzame En Snelle Koolhydraten.

<https://ftp.barnabastoday.com/results/Resources/fetch.php/the%20truth%20about%20charlie%20sally%20nimitz%20mystery%20volume%204.pdf>

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