

Posts de nutrição

Testes para experiência

Posts:

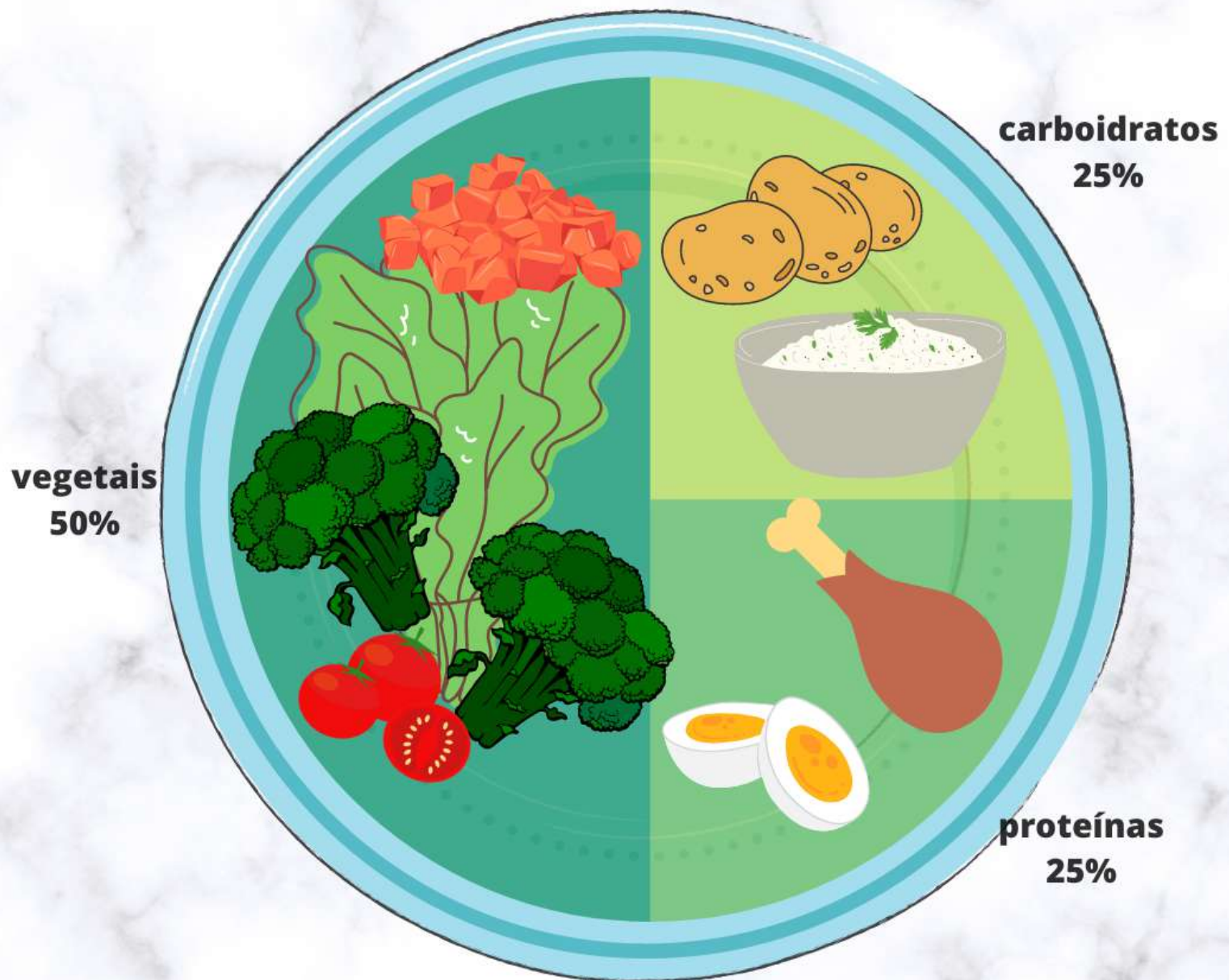
- Café faz bem?
- Prato saudável
- Água com vs sem gás

The background of the image is a close-up of a grey, chunky-knit blanket. In the center, a white ceramic cup filled with dark coffee sits on the blanket. Overlaid on the cup is the text 'E O CAFEZINHO, FAZ BEM?'. To the right of the cup, there is a stylized illustration of an orange teapot with a white lid and handle, with small orange steam lines rising from it. In the bottom left corner, there is a small illustration of a red coffee cup with a yellow interior and a black handle, with red steam lines rising from it.

E O
CAFEZINHO,
FAZ BEM?

**Depende da
quantidade**

Prato saudável



Água com gás vs sem gás



COM GÁS

- Hidrata
- Um pouco mais ácida
- Pode causar desconforto



SEM GÁS

- Hidrata
- Mais neutra
- Menos desconforto, principalmente em pessoas ativas



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