



How to Reduce stress

greedy, often fried and sugary. Carnival sweets are irresistible. Giving up is a sin. However, if you have the possibility and the desire to prepare them at home, you can choose some variants that allow you to lighten the calorie count while keeping the taste and fragrance intact. Here are the indications of Benedetta Russo, nutrition biologist of the Endocrinology and Diabetology Unit of the Fatebenefratelli hospital in Rome, on a selection of sweets from

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