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El IIFYM (leer el artículo para conocer de qué se trata) nos ayudará a conseguir esa gran cantidad de carbohidratos que necesitamos, siempre y cuando consumamos suficiente verduras y fruta para llegar a los 30-50g de fibra que necesitamos al día. Debemos asegurarnos primero la ingesta de fibra, y posteriormente consumir alimentos basados en IIFYM, NUNCA DEBEMOS HACERLO AL CONTRARIO.

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