

AFC Standings Table

Tm	W	L	T	W-L%	PF	PA	PD
Miami Dolphins*	11	5	0	.688	345	317	28
New England Patriots	11	5	0	.688	410	309	101
New York Jets	9	7	0	.563	405	356	49
Buffalo Bills	7	9	0	.438	336	342	-6
Pittsburgh Steelers*	12	4	0	.750	347	223	124
Baltimore Ravens+	11	5	0	.688	385	244	141
Cincinnati Bengals	4	11	1	.281	204	364	-160
Cleveland Browns	4	12	0	.250	232	350	-118
Tennessee Titans*	13	3	0	.813	375	234	141
Indianapolis Colts+	12	4	0	.750	377	298	79
Houston Texans	8	8	0	.500	366	394	-28
Jacksonville Jaguars	5	11	0	.313	302	367	-65
San Diego Chargers*	8	8	0	.500	439	347	92
Denver Broncos	8	8	0	.500	370	448	-78
Oakland Raiders	5	11	0	.313	263	388	-125
Kansas City Chiefs	2	14	0	.125	291	440	-149

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Jack W. Plunkett

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web les objectifs perdre du poids favoriser la prévention du cancer du côlon faire baisser le taux de mauvais cholestérol diminuer le taux de glucose sanguin combattre la constipation

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web apr 5 2000 on trouvera dans cet ouvrage une information complète avec de nombreux exemples sur les différentes catégories de fibres alimentaires celluloses hémicelluloses pectines gommes et mucilages alginates lignine etc le rôle des fibres alimentaires dans l organisme l action préventive des fibres sur certaines maladies

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web les apports quotidiens recommandés pour un bon transit intestinal sont de l ordre de 30g de fibres totales alimentaires par jour les autorités de santé conseillent de manger au moins cinq fruits et légumes chaque jour au moins deux

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web mar 17 2006 les fibres solubles son d avoine orge légumineuses légumes freinent l absorption des graisses et réduisent les taux de cholestérol de 5 à 10 en particulier celui du cholestérol ldl mauvais cholestérol et de triglycérides

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web jun 6 2023 les fibres insolubles incapables de se dissoudre dans l eau la lignine la cellulose et l hémicellulose présentes dans les enveloppes des végétaux comme dans la peau des amandes la peau des pommes ou les céréales complètes son ces fibres parcourent le tube digestif sans être modifiées

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web par où commencer comme pour les fibres alimentaires il est important d augmenter graduellement la dose et de boire amplement de liquides suivez les recommandations sur l étiquette du produit ou les instructions de votre médecin ou diététiste sur la façon d utiliser un produit spécifique l importance de l eau