

proyekt zdorovogo
pitaniya

**Malen'kaya
kapustnaya kasha
so schastlivym
zheludkom**

Kunsan



Odna zdorovaya yeda s prostoy vodoy

Malen'kaya kapustnay kasha so schastlivym zheludkom

Segodnya vy tozhe zloupotreblyayete svoim dragotsennym
zheludkom, no ya prigotovil yego dlya vas, kto ne mozhet
otkazat'sya ot diyety, raboty ili chego-to yeshche.

zdorovaya
zakuska



ya chuvstvuyu sebya nekorosho
reflyuks-ezofagit



Ty tozhe budesh' goloden etim utrom?

Zdorovyye utrenniye privychki

Utrom s"yesh'te vkusnuyu kashu s kapustnoy
kashey i stakanom vody, kotoraya, kak govoryat,
luchshe, chem «lekarstvo», yesli s"yest' yeye natoshchak.



Premium quality

Pochemu my vybirayem malen'kuyu kapustu



Ministerstvo sel'skogo khozyaystva i rybolovstva

Chudo-koreyskaya yeda
Predmety dlya razvitiya proyekta



Glavnyy priz za vklad v podderzhku eksporta

agroproduktsii
dovol'stvennoy



Kapusta premium-klassa proizvoditsya po koreyskoy

tekhnologii i eksporti
ruyetsya v Yaponiyu i Tayvan'.

**“Malen'kiy i milyy, no Dango UP!
Pitatel'nyye veshchestva takiye zhe!”**

**Kapusta premium-klassa dlya izyskannykh blyud,
sladkikh i sochnykh**

Vash zheludok dragotsenen, **poetomu ya kladu v nego tol'ko khorosheye**

Pomogayet pri ateroskleroze,
zamedlenii stareniya i
podavlenii raka

**Korichnevyy
proroshchennyy
ris po-koreyski**

14%

※ 출처: 카톨릭중앙의료원 건강칼럼



Zheludochno-kishechnyy effekt!
Khorosho dlya profilaktiki raka i krovoobrashcheniya!
Vysokoye sodержaniye pishchevykh
volokon dlya oblegcheniya zaporov



**Koreyskaya
kapusta**

30%

※ 출처: 우수 식재료 디렉토리

Kapustnaya kasha Rukovodstvo pol'zovatelya

YA prigotovil yego dlya vas, stradayushchikh zaporom i gastritom!



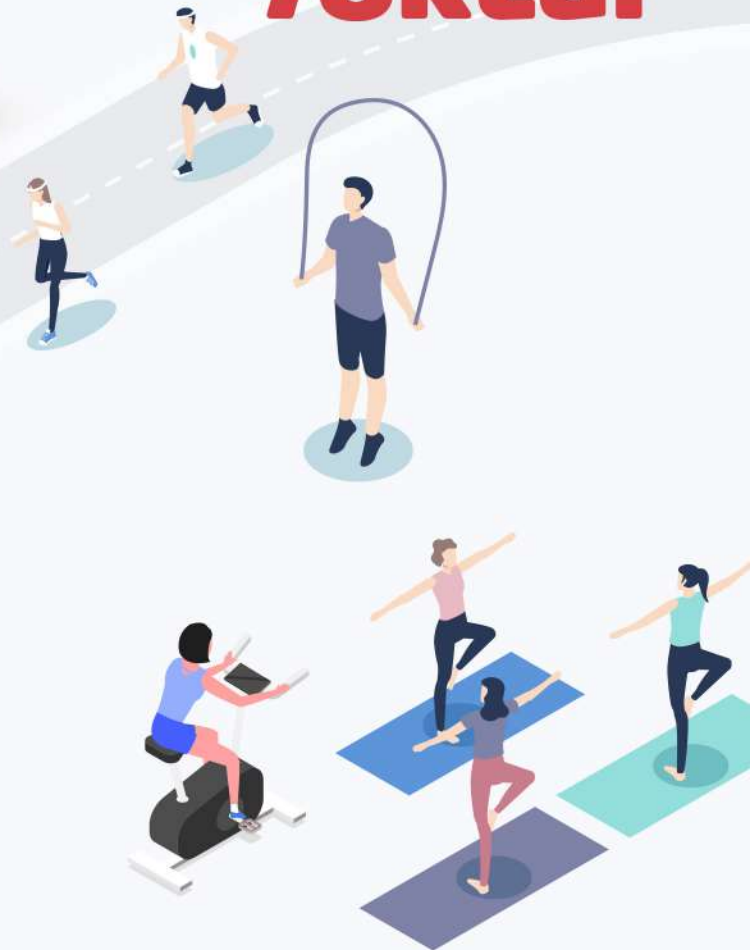
teplaya voda
140ml ~150ml

Shake it!
Shake it!



2/3 sumki
(약 20~22g)

= na diyete
legkaya zakuska
78kcal



schastlivyy zheludok Legkoye odno blyudo

YA prigotovil eto dlya vas, stradayushchikh
khronicheskim gastritom iz-za napryazhennoy raboty i stressa.



teplaya voda ili moloko
160ml ~170ml

*Shake it!
Shake it!*



vse v odnoy sumke
(30g)



Prostaya i
sytnaya yeda
118kcal



YA rekomenduyu eto.



Tem, kto khochet upravlyat' svoim zheludkom i sest' na diyetu



Tem, kto stradayet ostrym gastritom i bolyami v zheludke pri soblyudenii diyet, no khochet kontrolirovat' svoje pitaniye.



Tem, kto stradayet zaporami vo vremya diyet



Tem, u kogo net appetita i yest' gastrit



Tem, komu pred endoskopiyei neobkhodimo skorrektirovat' svoy ratsion



Ofisnyye rabotniki, stradayushchiye khronicheskim gastritom iz-za napryazhennoy raboty i neregulyarnogo pitaniya