

SOUTH BEACH DIET INTRODUCTION

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Introduction

This is only meant to be an introduction to this great diet and provide a lot of recipes to play around with. Please purchase ***The South Beach Diet*** by Dr. Arthur Agatston. There is a wealth of information in there, not to mention some great recipes. This ebook will not explain everything about the South Beach Diet and is not endorsed by or affiliated with Dr. Arthur Agatston. Please always consult with a doctor before starting any diet, especially if you have a health condition. And last but not least, have fun and enjoy the many recipes listed in this package.

Phase 1 - Food List Overview

List of foods for the most restrictive phase, the first 2 weeks of the South Beach Diet.

Vegetables to enjoy

VEGETABLE CHOICES

(includes legumes)

(May use fresh, frozen or canned without added sugar)

Artichokes
Asparagus
Beans, Green
Beans, Italian
Beans, Wax
Beans or Legumes:
Black Beans
Butter Beans
Chickpeas or Garbanzo
Kidney
Lentils
Lima Pigeon Peas
Soy Beans
Split Peas
Broccoli
Bok Choy
Brussels Sprouts
Cabbage
Capers
Cauliflower
Celery
Collard Greens
Cucumbers
Eggplant
Hearts of palm
Kale
Leeks
Lettuce (All varieties)
Juice (Limit to 6 ounces per day) --Tomato --V-8
Mushrooms (All varieties)
Mustard Greens
Okra
Onion - Limit to ½ per day
Parsley
Peppers (All varieties)
Pickles - Dill or those sweetened with Splenda
Raddicchio
Radishes (All varieties)
Rhubarb
Sauerkraut
Scallions
Sea Vegetables
Snow peas
Spinach
Sprouts, Alfalfa
Squash, Spaghetti

Squash, Summer
Zucchini
Swiss Chard
Tomato - Limit to 1 whole or 10 cherry per meal
Turnip Greens
Turnips
Water Chestnuts

Vegetables to avoid

Beets
Carrots
Corn
Potatoes, white
Potatoes, sweet
Yams

Meats to enjoy

Fat-free low-fat only
lunchmeat
Lean cuts of beef, such as: Sirloin (including ground)
Tenderloin
Top round
Cornish hen
Turkey bacon (2 slices per day)
Turkey
chicken breast
All fish and shellfish
Boiled ham
Canadian bacon
Pork tenderloin
Chopped veal
Veal leg cutlet
Veal top round

Meats to avoid

Beef brisket, liver, rib steaks (other fatty cuts)
Chicken wings & legs
Duck
Goose
Any processed poultry products
Honey-baked ham
Veal breast

Cheese to enjoy

Fat-free or low-fat only
String
American
Cheddar
Cottage Cheese
Cream cheese substitute
Mozzarella
Parmesan

Provolone
Ricotta

Cheese to avoid

Any non-reduced fat
Edam
Brie

Fruits, Starches & Dairy to avoid

Avoid ALL fruit, dairy and starches (bread, oatmeal, rice, etc.) including yogurt (cup style & frozen) & milk (even soy).

Nuts and Seeds to enjoy

count out 15 nuts for a snack (unless specified differently)
Almonds (plain, not flavored)
Cashews
Pistachios
Walnuts
Pine nuts
Peanuts (20 small)
Peanut butter (1 teaspoon)
Pecan halves
Sunflower seeds
Pumpkin seeds

Miscellaneous to avoid

alcohol of ANY kind
any seasoning that contains sugar or MSG
Any drink with sugar (sweet tea, sodas, Kool-Aid, juice, etc.)

Oils to enjoy

Canola oil
Olive oil
Peanut oil

Sweets

For a sweet treat substitute try sugar free jello, popsicles, fudgesicles, etc. It should help satisfy that sweet tooth without cheating. Also, remember that fiber, protein, fat and acidity (a squirt of lemon or even the zest) all will slow down the sugar release from eating high carb foods. If you just have to cheat, have some fiber rich food, or protein with it to help from starting a craving cycle.

Snacks

Remember to have a small snack mid-morning and mid-afternoon to help control portion sizes during mealtime. Perhaps a very small salad with a piece of lunch meat or cheese.

Phase 2 - Food List Overview

Foods you can reintroduce to your meals after the first two weeks.

Fruits

Apples
Apricots - dried fresh
Blueberries
Cantaloupe
Cherries
Grapefruit
Grapes
Kiwi
Mangoes
Oranges
Peaches
Pears
Plums
Strawberries

Dairy

Milk
light soy
fat-free or 1%
Yogurt
light, fruit-flavored
plain, low-fat or fat-free

Starches (Use Sparingly)

Bagels, small, whole grain
Bread
multigrain
oat and bran
rye
whole wheat
Cereal
Fiber One
Kellogg's Extra-Fiber All Bran
oatmeal (not instant)
other high-fiber
Uncle Sam
Muffins, bran - sugar-free (no raisins)
Pasta, whole wheat
Pita
stone-ground
whole wheat
Popcorn
Potato, small, sweet
Rice
brown
wild

Vegetables and Legumes

Barley
Beans, pinto
Black-eyed peas
Peas, green

Miscellaneous

Chocolate (sparingly)
bittersweet
semisweet
Pudding, fat-free
Wine, red

FOODS TO AVOID OR EAT RARELY

Starches and Breads

Bagel, refined wheat
Bread - refined wheat white
Cookies
Cornflakes
Matzo
Pasta, white flour
Potatoes - baked, white instant
Rice cakes
Rice, white
Rolls, dinner

Vegetables

Beets
Carrots
Corn
Potatoes

Fruits

Bananas
Canned fruit, juice packed
Fruit juice
Pineapple
Raisins
Watermelon

Miscellaneous

Honey
Ice cream
Jam

Recommendations for Easing into Phase 2 According to Dr. Agatston

Fruit:

1 fruit serving allowed daily to begin, gradually increased to 3 total servings for the day

Fruit Choices (with suggested serving sizes):

- Apples, 1 small
- Apricots, 4, or 7 dried apricot halves
- Blueberries, 3/4 cup
- Cantaloupe, 1/4 or 1 cup chunks
- Cherries, 12
- Grapefruit, 1/2
- Grapes, 15
- Kiwi, 1
- Mangoes, 1/2
- Oranges, 1
- Peaches, 1 medium
- Pears, 1 medium
- Plums, 2
- Strawberries, 3/4 cup

Starches:

1 starch serving allowed daily at first, gradually increased to 2 or 3 total servings for the day

Starch Choices and Carbs (with suggested serving sizes):

- Bagel, small, whole-grain, 1/2 small
- Bread, 1 slice (multigrain, oat and bran, rye, whole-wheat)
- Cereal, 1/2 cup (Fiber One, Kasha, cooked, Kellogg's Extra-Fiber All Bran, oatmeal (not instant), other high-fiber, Muesli, toasted, Uncle Sam)
- Couscous, 1/2 cup
- Muffins, bran, 1 (sugar-free (no raisins))
- Pasta, whole-wheat, 1/2 cup
- Peas, green, 1/2 cup
- Pita, 1 small (stone-ground, whole-wheat)
- Popcorn, 1/2 cup
- Potato, small, sweet, 1 small
- Quinoa, cooked 1/2 cup
- Rice, 1/2 cup (brown, wild)
- Wheat germ, 3 Tbs.

Milk:

1 - 1 1/2 cups allowed daily (including yogurt)

Milk Choices (with suggested servings sizes):

- Milk, no fat or 1%, 1/2 cup
- Light soy, 1/2 cup
- Plain, low-fat or fat-free yogurt, 1/2 cup

Don't Forget (All Phases)

1. Drink at least eight glasses of water or decaf beverages (club soda, unsweetened flavored seltzers, decaf tea or coffee [no sugar], decaf sugar-free sodas) per day.
2. Limit caffeine-containing beverages to 1 cup per day.
3. Take a daily multivitamin and mineral supplement.
4. Take a daily calcium supplement (500 mg for men of all ages and women under 50, 1,000 mg for women over 50).

Plum	24
Grapefruit	25
Pearled barley	25
Peach	28
Canned peaches, natural juice	30
Dried apricots	31
Soy milk	30
Baby lima beans, frozen	32
Fat-free milk	32
Fettuccine	32
* M&M's Chocolate Candies, Peanut	32
Low-fat yogurt, sugar sweetened	33
Apple	36
Pear	36
Whole wheat spaghetti	37
Tomato soup	38
Carrots, cooked	39
* Mars Snickers Bar	40
Apple juice	41
Spaghetti	41
All-Bran	42

Canned chickpeas	42
Custard	43
Grapes	43
Orange	43
Canned lentil soup	44
Canned pinto beans	45
Macaroni	45
Pineapple juice	46
Banana bread	47
Long-grain rice	47
Parboiled rice	47
Bulgur	48
Canned baked beans	48
Grapefruit juice	48
Green peas	48
Oat bran bread	48
* Chocolate bar, 1.5 oz	49
Old-fashioned oatmeal	49
Cheese tortellini	50
* Low-fat ice cream	50
Canned kidney beans	52

Kiwifruit	52
Orange juice, not from concentrate	52
Banana	53
* Potato chips	54
* Pound cake	54
Special K	54
Sweet potato	54

Beets	64
Canned apricots, light syrup	64
Canned black bean soup	64
Macaroni and cheese	64
Raisins	64
Couscous	65
Quick-cooking oatmeal	65
Rye crispbread	65
* Table sugar (sucrose)	65
Canned green pea soup	66
Instant oatmeal	66
Pineapple	66
Angel food cake	67
Grape-Nuts	67
Stoned Wheat Thins	67
American rye bread	68
Taco shells	68
Whole wheat bread	69
Life Savers	70
Melba toast	70
White bread	70

Pretzels	81
* Rice cakes	82
Rice Krispies	82
Corn Chex	83
Mashed potatoes, instant	83
Cornflakes	84
* Baked potato	85
Rice Chex	89
Rice, instant	91
French bread	95
* Parsnips	97
Dates	103
Tofu frozen dessert	115

CONVERTING LOW CARB RECIPES TO SOUTH BEACH DIET

For Phase 1 the recipes are nearly identical to Atkins, except that South Beach Diet never uses saturated fats like real butter and real whipping cream, etc. It recommends low fat but not fat free varieties of cheeses and of course no sugar added to any recipes. For fats and oils to make recipes taste good and be moist, etc., South Beach uses Olive Oil, Canola Oil, and the "healthy fats" spreads like "Smart Balance" and others that specifically say "No Transfatty Acids". For the heavy whipping cream in some recipes, he would instead use Skim Milk or Skim evaporated milk for a creamier recipe. South Beach is not nearly so carb-restrictive as Atkins, so Skim Milk and low-fat milk products are fine. But basically Phase 1 restricts all fruit, grains, and saturated/trans fats, and allows all vegetables except Potatoes and nearly all nuts. So much freer than Atkins in that respect.

Phase 2 begins allowing some of the other grains and fruits into the diet. Always recommends eating the fruit/grains in as "whole" form as possible. So again many of the Atkins products work well here--whole wheat pasta and breads, but they don't have to be so very low carb as Atkins, and again he never allows liberal amounts of the fats like butter, whole milk, etc., as Atkins does.

Phase 3 is the "lifelong" portion, and basically is eating "normally", but substituting healthier versions of high-sugar/refined carb staples. Again also restricting the saturated fats.

South Beach focuses on limiting "bad" fats (the saturated fats, transfatty acids, etc..) and limiting "bad" carbs--little to no refined flour, refined grains/rice, no white potatoes, no sugar obviously. Basically nearly any Atkins recipe can be converted to a South Beach recipe by using an unsaturated source for the fats, using egg whites more often in place of whole eggs, that sort of thing. The only problem is, it does change the flavor and texture of some items, so without testing them a little, it is hard to know if they will be satisfactory with the change.

What are vitamins and minerals?

Vitamins and minerals are nutrients that are essential to many reactions taking place daily in our bodies, such as tissue repair or energy production. These nutrients are found either naturally occurring in food or synthetically made and added to foods and to dietary supplements. They are also referred to as micronutrients – nutrients that are required by the body in small amounts. Although vitamins and minerals don't provide energy directly, they do play essential roles in chemical reactions that occur within the body for normal functioning and assist with energy production from macronutrients – nutrients that are needed in large amounts – such as carbohydrates, fat or protein.

There are 13 vitamins that may be divided into two categories, depending on their solubility in either fat or water. Fat-soluble vitamins are absorbed by the body by a similar process as the fat found in foods and can be stored in the body's fat tissue (adipose tissue). Therefore, fat-soluble vitamins are only needed in moderate amounts from our diet. Consuming excess amounts of fat-soluble vitamins, typically from dietary supplements, may build up in the body and cause negative health effects.

Fat-soluble vitamins include:

- Vitamin A (retinol, retinaldehyde, retinoic acid)
- Vitamin D (calciferol)
- Vitamin E (tocopherol)
- Vitamin K (phylloquinone)

Water-soluble vitamins include the B-complex vitamins and vitamin C. The B vitamins serve as coenzymes in energy metabolism. Inadequate dietary intake of folic acid (the synthetic and more easily absorbed version of folate) and vitamins B-6 and B-12 lead to high homocysteine levels, which have been linked to damage of the arteries and may increase the risk of heart attack, stroke or other cardiovascular problems. Vitamin C has many important functions including fighting infections and wound healing. It also facilitates the absorption of iron. These water-soluble vitamins are not stored in the body in significant amounts. Excess intake is excreted through our urine, with the exception of Vitamin B-12 (cobalamin).

It is important to consume a balanced diet that consistently provides proper intake of these water-soluble vitamins. Compared to fat-soluble vitamins, water-soluble vitamins are easily destroyed in food storage and food preparation. Therefore, some of the best sources of water-soluble vitamins are fresh fruits and vegetables and whole grains. Even though these vitamins are not stored in the body, large intakes can be hazardous to our overall health. Water-soluble vitamins include the B-complex vitamins and vitamin C:

- Vitamin B-1 (thiamin)
- Vitamin B-2 (riboflavin)
- Vitamin B-3 (niacin)
- Vitamin B-6 (pyridoxine)
- Vitamin B-12 (cobalamins)
- Biotin (Previously referred to as vitamin H)
- Folic acid (folacin, folate)
- Pantothenic acid (sometimes referred to as vitamin B-5)
- Vitamin C (ascorbic acid)

Vitamins are very important for a wide variety of functions, and often require the presence of minerals in order to be absorbed from the stomach into the rest of the body. Minerals are elements that are present on earth and cannot be made by living organisms. In addition to facilitating the absorption of vitamins, minerals function in a variety of ways to enable normal cellular activities and metabolic reactions to occur, as well as maintaining the structural integrity of our bones. Unlike vitamins, minerals cannot be destroyed in food storage, cooking or food processing. There are 16 minerals required by the body, divided into two categories:

- Major minerals (those elements that are found in greater amounts in the body):
 - Calcium
 - Chloride
 - Magnesium
 - Phosphorus
 - Potassium
 - Sodium
 - Sulfur

- Trace minerals (those elements that are found in smaller amounts in the body):
 - Chromium
 - Copper
 - Fluorine
 - Iodine
 - Iron
 - Manganese
 - Molybdenum
 - Selenium
 - Zinc

A person can increase their intake of a vitamin or mineral either by eating foods that are a rich source of these nutrients such as fruits, vegetables and whole grains or by taking a vitamin/mineral supplement (e.g., a multivitamin tablet). The Food Guide Pyramid and the Dietary Guidelines for Americans are two tools designed to help Americans eat a balanced diet and lead a healthy lifestyle while reducing the risk of chronic diseases.

The Dietary Reference Intakes (DRIs) for micronutrients can be a helpful guide when determining the amount of vitamins or minerals needed for a heart-healthy diet. Individuals should aim for an average daily intake to meet the Recommended Dietary Allowance (RDA) level for their age and gender group. If an RDA has not been determined for a micronutrient, then individuals should aim to meet the corresponding Adequate Intake (AI) level. Individuals should also take note of the Tolerable Upper Intake (UL) levels and use them as a guide to limit their intake and avoid the risk of possible adverse effects.

Vitamin and Mineral Recommendations

Vitamins: Comparison of Current RDIs, New DRIs and ULs			
VITAMIN	CURRENT RDI*	NEW DRI**	UL***
Vitamin A	5000 IU	900 mcg (3000 IU)	3000 mcg (10,000 IU)
Vitamin C	60 mg	90 mg	2000 mg
Vitamin D	400 IU (10 mcg)	15 mcg (600 IU)	50 mcg (2000 IU)
Vitamin E	30 IU (20 mg)	15 mg #	1000 mg
Vitamin K	80 mcg	120 mcg	<i>ND</i>
Thiamin	1.5 mg	1.2 mg	<i>ND</i>
Riboflavin	1.7 mg	1.3 mg	<i>ND</i>
Niacin	20 mg	16 mg	35 mg
Vitamin B-6	2 mg	1.7 mg	100 mg
Folate	400 mcg (0.4 mg)	400 mcg from food, 200 mcg synthetic ##	1000 mcg synthetic
Vitamin B-12	6 mcg	2.4 mcg ###	<i>ND</i>
Biotin	300 mcg	30 mcg	<i>ND</i>
Pantothenic acid	10 mg	5 mg	<i>ND</i>
Choline	Not established	550 mg	3500 mg

* The Reference Daily Intake (RDI) is the value established by the Food and Drug Administration (FDA) for use in nutrition labeling. It was based initially on the highest 1968 Recommended Dietary Allowance (RDA) for each nutrient, to assure that needs were met for all age groups.

** The Dietary Reference Intakes (DRI) are the most recent set of dietary recommendations established by the Food and Nutrition Board of the Institute of Medicine, 1997-2001. They replace previous RDAs, and may be the basis for

eventually updating the RDIs. The value shown here is the highest DRI for each nutrient.

*** The Upper Limit (UL) is the upper level of intake considered to be **safe** for use by adults, incorporating a safety factor. In some cases, lower ULs have been established for children.

Historical vitamin E conversion factors were amended in the DRI report, so that 15 mg is defined as the equivalent of 22 IU of natural vitamin E or 33 IU of synthetic vitamin E.

It is recommended that women of childbearing age obtain 400 mcg of synthetic folic acid from fortified breakfast cereals or dietary supplements, in addition to dietary folate.

It is recommended that people over 50 meet the B-12 recommendation through fortified foods or supplements, to improve bioavailability.

ND Upper Limit not determined. No adverse effects observed from high intakes of the nutrient.

Facts about Vitamins & Minerals

Thiamin (B1) : Sometimes called the morale vitamin, thiamin plays an important role in maintaining mental health. The need for Thiamin increases during periods of physical and emotional stress, and natural practitioners frequently recommend the vitamin to patients suffering from depression. In addition, thiamin is sometimes used for air and sea sickness, hangovers, shingles, and various types of neuralgia.

RDA : 1.0 Mg

Riboflavin (B2) : Some natural medicine practitioners use riboflavin to treat certain drug-induced psychoses, as well as eye fatigue. Other health practitioners use riboflavin supplements for alcoholics, who often suffer from a deficiency of the vitamin. It is occasionally suggested as a cure for dandruff.

RDA: 1.2 Mg - 1.7 Mg.

Niacin (B3) : An established treatment for elevated cholesterol and triglycerides, niacin is also used to treat alcoholics, who are often vitamin deficient. Niacin has been suggested as a treatment for migraine headaches as well.

RDA: 13 - 19 Mg.

Pantothenic acid (B5) : Supplements of pantothenic acid are used to support weak adrenal glands and to treat various symptoms of allergy. Pantothenic acid may help relieve constipation, promote healing of peptic ulcers, and overcome the intestinal paralysis that follows abdominal surgery. Creams containing pantothenic acid have been reported to help a wide range of skin conditions, including eczema.

RDA: est 4 - 7 Mg daily.

Vitamin (B6) : Also know as peridoxine, this vitamin is frequently recommended for various pre-menstrual symptoms, including pre-menstrual tension, acne, fluid retention, and migraines. Vitamin B6 may also counteract the depression that birth control pills sometimes produce. Among orthodox physicians, Vitamin B6 is the established treatment for one rare type of anemia, and is also used to prevent the side effects from certain anti-tuberculosis drugs.

RDA : 1.8 - 2.2 Mg.

Vitamin (B12) : Natural medicine practitioners often give Vitamin B12 injections to patients suffering from fatigue, anxiety, depression, poor memory and insomnia. Vitamin B12 injections are the established mode of treatment for pernicious anemia, a rare blood disorder.

RDA : 3.0 Mcg.

Biotin : This vitamin is often prescribed to infants with eczema, and other skin conditions. In addition, patients on dialysis may benefit from Biotin since it seems useful in managing some of the side effects.

RDA: 100 - 200 Mcg.

Folic acid : This B complex vitamin may be useful for treating canker sores and cervical dysplasia, a condition that is sometimes a precursor to cervical cancer. Folic acid may help prevent certain birth defects.

RDA : 400 Mcg.

Warning: For best results all other vitamins of B complex should be administered simultaneously. Prolonged ingestion of large doses of any one of the isolated B complex vitamins may result in high urinary losses of other B vitamins and lead to deficiency of these vitamins.

Vitamin C : An antioxidant, Vitamin C may prove useful in preventing certain cancers, as well as protecting the body against the harmful effects of pollution, smoking, and radiation therapy. Natural practitioners often give Vitamin C supplements to aid in wound healing and increase resistance to stress.

RDA : 60 Mg.

Vitamin D : Women going through menopause may benefit from supplements of Vitamin D, which increases absorption of dietary calcium. In combination with Calcium, Vitamin D is said to alleviate hot flashes, night

sweats, leg cramps and other symptoms of menopause.
RDA : 5 - 10 Mcg (200-400 IU)

Vitamin E : As an antioxidant, Vitamin E may help prevent some cancers and cardiovascular disease. Because the vitamin keeps cholesterol and polyunsaturated fats from breaking down into harmful substances in the body, nutrition-oriented physicians use Vitamin E for a number of cardiovascular conditions. Among women, Vitamin E has also been reported to alleviate fibrocystic breast disease, prevent miscarriages and to relieve pre-menstrual tension.
RDA : 8 - 10 Mg tocopherol equivalent (12 - 15 IU). Expert nutritionists estimate the actual requirement at 100 - 200 IU daily.

Vitamin K : In combination with Vitamin C, Vitamin K may relieve nausea and vomiting during pregnancy. It may help those with recurrent nosebleeds or heavy menstrual bleeding, probably due to it's role in blood clotting.
RDA : N/A . Est safe and adequate intake: 70-140 Mcg.

Calcium : Best known for it's role in preventing osteoporosis, Calcium has also been used to treat high blood pressure and elevated cholesterol and triglyceride levels.
RDA : Adult 800 - 1200 Mg, children or pregnant women 1000 - 1400 Mg

Iron : This mineral is routinely used to treat iron-deficiency anemia, a condition that most commonly afflicts women of child bearing age. Iron overload may lead to other health problems. Some practitioners recommend iron to treat a condition called restless leg syndrome.
RDA : 10 Mg males, 18 Mg females.

Magnesium : Magnesium therapy may be helpful for a wide range of conditions, including high blood pressure, heart disease, premenstrual syndrome, migraines, asthma and fatigue. Some practitioners believe that Magnesium may also help alleviate anxiety, depression and hyperactivity.
RDA : 350 - 400 Mg.

Selenium : An antioxidant. Natural medicine practitioners use Selenium to treat arthritis and connective tissue disorders, and to prevent cataracts and age-related vision loss. Selenium-sulfide shampoos are commonly used to control dandruff.
RDA : N/A Est safe and adequate intake 0.05 - 0.2 Mg.

Chromium : Natural medicine practitioners as well as some orthodox physicians believe that chromium deficiencies may contribute to diabetes and hypoglycemia and recommend supplements for those at risk.
RDA : unknown. est safe intake 0.05 - 2.0 Mg.

Zinc : This mineral has found wide use among natural practitioners. Zinc has been reported to benefit people suffering from arthritis, acne, boils, skin ulcers, peptic ulcers, infertility, loss of taste and smell and enlarged prostate glands.
RDA : 15 Mg.

Liens vers type 1



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