

Title	category					
Welcome to ELISAH!	app_guide	https://content.elisah.eu/en/Welcome-to-ELISAH!	https://content.elisah.eu/el/en/Welcome-to-ELISAH!	https://content.elisah.eu/uk/en/Welcome-to-ELISAH!	https://content.elisah.eu/es/en/Welcome-to-ELISAH!	https://content.elisah.eu/it/en/Welcome-to-ELISAH!
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The value of carbon monoxide measurement

Ultra-processed foods: how to identify them by reading labels

Group 1: unprocessed or minimally processed foods

Minimally processed foods: benefits - VIDEO

Alcohol and smoking

Glossary of special foods

Why go to a smoking cessation center?

The INT Smoking Cessation Center

Group 2: processed culinary ingredients

Recipe Broad beans & peas with mint

Is passive smoking really so harmful?

Smoking Damage – Video

Group 3: processed foods

How to prepare yourself for quitting

Cereals

Group 4: ultra-processed foods

What are the main withdrawal symptoms?

Ultra-processed foods – Overweight and obesity - VIDEO

Recipe How to cook brown rice

Diseases Related to Smoking - Video

Alcohol and women

Is it normal to have conflicting feelings about quitting?

Statements to overcome conflicting thoughts

Heated Tobacco Products – Video

Recipe Sundried tomato and hazelnut pesto

Recipe Rocket pesto

Ultra-processed foods – Breast cancer - VIDEO

Did you know there are drugs to quit smoking?

Pasta

Alcohol and emotions

Recipe Creamy lentil soup

Recipe Broccoli & anchovy pasta

A Health Risk: E-cigarettes - Video

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The de-addiction diary	smoke	https://contenutrition.com/recipe/recipe-chick-pea-hummus/
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Recipe lentil tomato stew
 Creamy squash soup
 Recipe Cinnamon & ginger biscuits
 Porridge
 Recipe nut dried fruit truffles
 Recipe almond crunch
 Once I've quit smoking, can I relapse?
 Will I gain weight if I quit smoking?
 Start exercising today!
 Recipe Marbled coffee bundt cake
 Recipe borlotti bean risotto with red wine and rosemary
 Recipe fennel orange and liquorice risotto
 Can smoking cause infertility?
 The psychological benefits after quitting
 Recipe salmon fillets with ginger
 Have you ever thought about passive vaping?
 The freedom of those who quit smoking
 Recipe cabbage rolls
 From motivation to self-knowledge
 Remote services for smoking cessation
 Recipe green lentil & couscous balls
 That 'one cigarette' after quitting...
 Does my success depend on previous attempts?
 Do light cigarettes exist?
 Pear and chocolate cake
 Is it true that cigarette butts are polluting?
 What determines my success at quitting?
 Yogurt blackberry poppy seed cake
 New resources to take a break and relax
 Revive your smell and taste!
 My doctor's advice and my motivation
 Herbal teas: allies for smoking cessation
 Smoking cessation therapy groups
 I'm now an ex-smoker: lights, colours and scents!

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Prodotti in scatola e derivati
Sedano rapa brasato al forno
Zuppa toscana di farro
Pasta cavolfiori, olive e pomodorini secchi

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