



ELISA

*European Linkage of Initiative
from Science to Action in Health*

DELIVERABLE

**DIGITAL PLATFORM-
BRCAPP-DIGITAL FORMS/
DOCUMENTS/ ACTIVITIES**

VERSION V. 2

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VERSION CONTROL SHEET

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DISCLAIMER

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ABBREVIATIONS

- BRCApp: Mobile Application
- GATS: Global Adult Tobacco Survey
- INT: Fondazione IRCCS Istituto Nazionale dei Tumori di Milano
- MA: Minimal Advice
- LC: LifeCharger
- ICO: Institut Català d'Oncologia
- ENG: English; ITA: Italian; GR: Greek; UKR: Ukrainian; ESP: Spanish

EXECUTIVE SUMMARY

This Deliverable presents the development and implementation of the digital platform and mobile Apps (BRCAApp – Task 4.a - and ELISAH App – Task 4.b), innovative tools designed to support internet-based epidemiological research and promote preventive lifestyle interventions. The platform, built within the LifeCharger (LC) SynCare Ecosystem, consists of a user-facing App, a Clinical Dashboard for professionals, and a data analytics backend enabling dynamic user journey management and data-driven interventions.

The Apps provide a structured, progressive experience that begins with the completion of personal health profiles, followed by scheduled questionnaires and tailored health content. Features include daily activity tracking, educational materials, and personalized plans aimed at enhancing engagement, adherence, and behavior change.

In the following index the distribution of roles:

- BRCAApp:
 - BRCAApp/digital platform development and support for management: *Pasanisi Patrizia, Cesareo Ambra*
 - Development of questionnaires/forms for the lifestyle web-intervention: *Bruno Eleonora, Oliverio Andreina, Pasanisi Patrizia.*
 - Development of digital contents (both video and textual contents) on diet and physical activity: *Bruno Eleonora, Oliverio Andreina, Pasanisi Patrizia.*
 - Recruitment of BRCA women: *Pasanisi Patrizia, Bruno Eleonora, Zaffaroni Daniela.*
- ELISAH app:
 - Development of educational materials and digital content on smoke: *Cardani Elisa, Munarini Elena, Veronese Chiara.*
 - Development of educational materials and digital content on diet and physical activity: *Bruno Eleonora, Oliverio Andreina, Pasanisi Patrizia.*
 - Development of educational materials and digital content on ultra-processed foods and chemical substances in foods and cosmetics: *Paolo Contiero, Alessandro Borgini, Martina Bertoldi, Alessandro Cau, Ambra Cesareo.*
 - The personalized patient profile and questionnaires: *Cardani Elisa, Munarini Elena, Veronese Chiara.*

- *The written and video content for the ELISAH App: Boffi Roberto, Cardani Elisa, Veronese Chiara, Paolo Foti, Elena Malazzi, Alessandro Borgini.*
- *The complete set of printed materials supporting the MA intervention: Bertoldi Martina, Alessandro Borgini, Andrea Tittarelli and Maikel Verdaguer, Cardani Elisa, Veronese Chiara.*
- *Translation and adaptation of educational materials and digital content in Greece, Ukraine and Spanish: Mykhailo Mosora, Uliana Sydor (UKR Group), Efstathios Efstathopoulos, , Ellas Spyratou, Maria-Eleni Zachou, Konstantinos Petrou, Rafael Marcos-Gragera, Marià Carulla, Esteve Rodon, Ambra Cesareo, Paolo Foti, Simona Fabrizi, Alessandro Borgini, Cardani Elisa.*
- *App and dashboard development: Ambra Cesareo.*

1. INTRODUCTION

Internet-based epidemiological studies are emerging, especially as regards the recruitment of large and geographically dispersed populations, the ability to incorporate novel exposure assessment tools based on computer technology and the rapidly expanding access across social strata. Thanks to the Internet, it is possible to gradually collect huge amounts of data from a large sample of volunteers that can be automatically verified and processed.

For the present Deliverable we have produced the ELISAH digital platform and mobile App in order to empower the synergy between participants and researchers, support women engagement, gather the web-cohort information, guarantee the access to the informative and educational contents, and help the adherence to intervention plan self-empowerment, flanked by activities tracking and monitoring (for the BRCA women included into the randomized trial). We have also produced a brief description of the pilot ELISAH web-based lifestyle intervention trial focused on women with pathogenic variants in BRCA genes.

2. CONTENT

Digital Platform and BRCAApp (Task 4.a)

An innovative digital platform, the LifeCharger (LC) SynCare Ecosystem, has been implemented to gather the web-cohort information, guarantee the access to the informative and educational contents, and support the lifestyle intervention in BRCA women.

The interface is user-friendly, enabling seamless data collection, access to informative and educational content, and a secure channel for potential data sharing between participants and researchers. The LC SynCare Ecosystem architecture is based on three levels, declined into three different software application:

1. The BRCAApp, that is the end-user front-end and the user gate to the LC Ecosystem;
2. The Clinical Dashboard, that is the professional front-end and the software to monitor user activities and sends care/intervention plans. We are using the Clinical Dashboard to view and monitor user data, and send feedback and action plans to users, closing the loop;
3. The backend, including the Data Analytics module, where data collected through the BRCAApp are manipulated to be shown on the Clinical Dashboard.

The data analytics module extracts user's information by analysing the data in

form of “tags”. These tags are used to label the users during their journey inside the App. For example, if a woman has completed the profile with all the information, the Data Analytics module creates a tag that identifies this action as completed. The system becomes able to create clusters of users, applying the related journey including activities to performed in app (body parameters to be measured, questionnaires to be completed, and contents to read).

Upon subscribing to the BRCAApp (using email and password), women receive a confirmation email. At this point, they gain access to the BRCAApp via the login section using their email and password, and sign the consent form (mandatory steps). Through the BRCAApp HOME the women have access to different functionalities:

- “PROFILE”, that includes all the modules needed to gain basic information on users at the starting point;
- “DOCUMENTS”, that allows users to upload, manage and organize documents such as prescriptions, care plans, etc., by creating different folders and adding notes;
- “CONTENTS”, that collects all the informative materials received by the user, organized into categories.

In addition, specifically for the women with BRCA mutations included into the life-style intervention the App has the following functionalities:

- “YOUR DAY”, that lists all the activities scheduled for the day, allowing users to input requested measurements, fill in questionnaires, etc.;
- “ADHERENCE & REPORTS”, that provides an overview of user’s path, including adherence to treatment/intervention, trends of physiologic parameters, etc.;
- “SERVICES”, that allows users to activate and manage services, such as webinar.

Web-lifestyle intervention for BRCA women

Women carriers of *BRCA1/2* mutations face a very high lifetime risk (penetrance) of developing breast and/or ovarian cancer. A sizeable proportion of carriers, however, does not develop cancer at all or develop it only late in life, thus suggesting a potential modulation of this risk. Epidemiological studies have suggested that environmental factors (lifestyle) affect penetrance.

The pilot lifestyle web randomized trial aims to investigate whether the joint effect of a Mediterranean diet and physical activity significantly modifies body weight and, whenever possible, a panel of potential lifestyle modulators of BRCA penetrance (dietary, physical activity indicators etc.).

600 BRCA women (both affected and unaffected) will be randomized into a:

a) Diet and exercise group: Mediterranean dietary intervention and a combined exercise intervention

b) Control group: receiving only general prevention contents.

The diet and exercise intervention is scheduled to run for six months.

According to the lifestyle intervention protocol, BRCA women are randomized only once the profile data (including reported measurement of body weight, height and waist circumference) and the mandatory questionnaires (the Energy-restricted Mediterranean Diet Adherence Screener and the Godin Shepard Leisure-Time Physical Activity Questionnaire), have been completed into the App. Reminder emails/in-App notifications are sent in order to obtain completed these specific mandatory forms. Further questionnaires and activities are scheduled in the subsequent months following a pre-defined timeline and according to the season. The same measurements of baseline are repeated at the end of the web-intervention (at about 8 months from the baseline data completion).

Women are also encouraged to regularly provide information on major health events. In case of reporting cancer or other significant health events (such as type II diabetes, stroke, myocardial infarction, ictus, etc.), medical records are requested to validate the information. Lifestyle contents for women randomized into the intervention arm include textual contents, recommendations, web kitchen/exercise courses, video-recipes/exercises and a calendar for participating to informative webinar according to a pre-defined time-line. Women in the intervention arm receive at least four contents per week. The textual contents are short, easy to read, and initially on general topics ("The Mediterranean diet", "The benefits of physical activity" etc.); as participants' knowledge increases, the contents become more focused. The dietary contents (mainly based on the Mediterranean principles/recipes) are created to improve women' knowledge about diet as important strategy for prevention, to gain greater awareness about food and nutrients, to help them choosing foods consciously and to control body weight. PA contents are created to encourage women to reduce sedentary behavior, and to achieve and maintain regular participation in a moderate intensity physical activity for 210 minutes/week (30 minutes on average per day). PA contents include sessions, with detailed exercise descriptions and images and videos. The videos include simple and incremental exercises involving different muscle groups.

Preliminary BRCA women numbers

Currently, 1071 women carriers of BRCA mutations have downloaded the App, signed the informed consent, and about 44% of them are unaffected by any BRCA-related cancer. Among the participating women, 884 have completed the profile with baseline data, and 462 also completed the questionnaires mandatory for randomization. The web-lifestyle

intervention is ongoing, with 217 BRCA women in the intervention, while 245 in the control arm.

Digital Platform and ELISAH App (Task 4.b)

The digital platform has already been described in the paragraph titled "*Digital Platform and BRCAApp (Task 4.a)*".

The ELISAH App has been designed to provide a progressive and personalized user experience:

- Upon download, patients are prompted to complete their Basic Profile.
- After 24 hours, they receive additional Profile questions.
- After 48 hours, they are administered the first comprehensive T0 questionnaire, covering key areas such as smoking, diet, physical activity, and cosmetics.
- Follow-up questionnaires are scheduled every three months from the date of download, at time points T1, T2, T3, and T4 (up to one year).

The ELISAH App interface includes login, registration, and informed consent procedures for notifications, data access, and geolocation. The geolocation feature is particularly valuable, as it allows for the correlation of environmental data with patient risk factors.

The basic profile captures essential information, including general demographics, smoking habits, diet, lifestyle, and alcohol consumption. It also includes a field indicating how patients discovered the ELISAH App, distinguishing between those who received the Motivational Activity (MA) and those who found the App independently online.

The project utilizes detailed questionnaires, such as the section on smoking adapted from the Global Adult Tobacco Survey (GATS). While the full profile is completed at T0, subsequent questionnaires are administered quarterly. The Fagerström Test for Nicotine Dependence is administered exclusively to smokers at T0.

These questionnaires play a crucial role in assigning research-specific hashtags to patients, facilitating data collection. Within 24 hours of completing the initial set of questionnaires, patients receive a personalized plan. Daily programmed activities based on this plan are made available via a notification (bell icon). Completion of these activities and related questionnaires is required to unlock subsequent content.

The ELISAH App content covers a broad range of health-related topics, including:

- Video recipes and the Mediterranean diet
- Smoking and alcohol
- Physical activity
- Ultra-processed foods and food labels
- Chemical substances in cosmetics

The content is offered in both written and video formats.

To support the MA intervention and facilitate recruitment in mammography waiting rooms, a comprehensive set of educational materials has been developed, including:

- A cardboard display in the waiting room
- A two-pocket folder containing a personal ID CODE
- A general leaflet about the WP4 project
- A brochure on lifestyle and diet
- A brochure on smoking
- Printed materials specifically tailored for mammography patients

The development of educational materials and digital content was carried out by Fondazione IRCCS Istituto Nazionale dei Tumori (INT), in collaboration with Life Charger and Officine Buone, technological and creative partners for the ELISAH App.

In addition, Fondazione IRCCS Istituto Nazionale dei Tumori (INT) developed:

- The personalized patient profile and questionnaires (smoking, diet, physical activity, and cosmetics), scheduled at intervals T0, T1, T2, T3, and T4
- The written and video content for the ELISAH App, including cover images, addressing lifestyle and health-related topics
- The complete set of printed materials (two-pocket folder, leaflets, and brochures on lifestyle, diet, and smoking) supporting the MA intervention and the prevention activities in the mammography waiting area.

Recruitment, composed by the Minimal Advice session and the presentation of the ELISAH App, officially began at Fondazione IRCCS Istituto Nazionale dei Tumori (INT) on March 24, 2025 and is carried out within the Radiology Department, specifically in the waiting area, which allows for brief but meaningful interactions. Activities take place four days a week during scheduled time slots.

As part of the project, two psychologists alternate in conducting recruitment activities, ensuring that one of them is present during each session. Depending on each patient's availability—whether they are open to speaking before or after their mammogram, or based on when they are called in for their exam—the Minimal Advice session typically lasts between 7 and 10 minutes.

Patients awaiting mammography are approached by a psychologist either shortly before or immediately after their exam. All the women presenting to radiology department for mammography are classified according to socio-economic status, in this way it is possible evaluate if the participation to our intervention study suffers by a socio-economic bias. The

psychologist introduces the project, explains its objectives and related activities, and delivers the Minimal Advice intervention.

As of 30/06/2025, a total of 427 patients has been approached and a total of 310 patients have been enrolled. Among the 155 women who downloaded the app, 84 indicated MA as their source.

3. CONCLUSIONS

The development of the digital platform and mobile Apps (BRCAApp – Task 4.a - and ELISAH App – Task 4.b) aims to mark a potential significant advancement in the field of digital epidemiology and preventive interventions. Through a user-friendly, modular structure, the platform facilitates the collection of high-quality data, supports behavioral change, and fosters an active engagement between women and researchers. The integration of tailored content, progressive questionnaires, and personalized activity plans ensures a dynamic and responsive user experience.

4. ANNEXES

Below are links to ELISAH website, "ELISAH" App, educational content, and contact details for the questionnaires.

- **WEBSITES**

- ELISAH website: <https://elisah.eu/>
- ELISAH WP4: <https://elisah.eu/wp4-1/>
- ELISAH social media:
 - <https://www.facebook.com/Elisah.EU>
 - https://x.com/Elisah_EU
 - <https://www.linkedin.com/company/elisah4eu/>

- **ELISAH APP**

- Download “*ELISAH – LifeCharger srl*” (ITA – GR –UKR) app from Google Play (Android store) and App Store (iOS store): <https://elisah.eu/be-involved/>

- **MATERIAL**

Links to materials including informational and educational content (in text and video format) are public and available, directly on the website insofar as possible, at the following link:

<https://elisah.eu/project-material/>

with a note relating to licensing and copyright: *"All materials produced within the ELISAH project are made available under an open access policy, in accordance with the EU4Health Programme guidelines. Unless otherwise stated, these contents are released under the Creative Commons Attribution 4.0 International License (CC BY 4.0). This means you are free to share and adapt the materials for any purpose, even commercially, provided that appropriate credit is given, a link to the license is included, and any changes made are indicated."*

- Leaflet: <https://elisah.eu/elisah-app-leaflet/>

- Brochures: <https://elisah.eu/elisah-leaflet/>
- Educational content: <https://elisah.eu/elisah-app-contents-for-professional-use/>
- Detailed table with links to contents:

N	Title	Category	ENG - link	GR - link	UKR - link	ESP - link	ITA - link
1	Welcome to ELISAH!	app_guide	https://contents.elisah.eu/welcome-to-elisah-en/	https://contents.elisah.eu/welcome-to-elisah-el/	https://contents.elisah.eu/welcome-to-elisah-uk/	https://contents.elisah.eu/welcome-to-elisah-es/	https://contents.elisah.eu/benvenuti-in-elisah/
2	The ELISAH Project	general_info	https://contents.elisah.eu/the-elisah-project-en/	https://contents.elisah.eu/the-elisah-project-el/	https://contents.elisah.eu/the-elisah-project-uk/	https://contents.elisah.eu/the-elisah-project-es/	https://contents.elisah.eu/progetto-elisah/
3	ELISAH app Introduction - Video	general_info	https://elisahapp.altervista.org/wp-content/uploads/2025/05/Presentazione-APP-ENG.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/Presentazione-APP-GR.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/Presentazione-APP-UKR.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/Presentazione-APP-ESP.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/03/Presentazione-APP.mp4
4	Features Overview	app_guide	https://contents.elisah.eu/features-overview-en/	https://contents.elisah.eu/features-overview-el/	https://contents.elisah.eu/features-overview-uk/	https://contents.elisah.eu/features-overview-es/	https://contents.elisah.eu/pa-noramica-funzionalita-2/
5	Notification consent	app_guide	https://contents.elisah.eu/notifications-consent-en/	https://contents.elisah.eu/notifications-consent-el/	https://contents.elisah.eu/notifications-consent-uk/	https://contents.elisah.eu/notifications-consent-es/	https://contents.elisah.eu/consensi-notifiche-2/
6	Create your recovery password	app_guide	https://contents.elisah.eu/create-your-recovery-password-en/	https://contents.elisah.eu/create-your-recovery-password-el/	https://contents.elisah.eu/create-your-recovery-password-uk/	https://contents.elisah.eu/create-your-recovery-password-es/	https://contents.elisah.eu/crea-la-tua-password-di-recupero-account-2/
7	Product scan	app_guide	https://contents.elisah.eu/products-scan-en/	https://contents.elisah.eu/products-scan-el/	https://contents.elisah.eu/products-scan-uk/	https://contents.elisah.eu/products-scan-es/	https://contents.elisah.eu/scansionare-prodotti/
8	Your plan is ready!	app_guide	https://contents.elisah.eu/your-plan-is-ready-en/	https://contents.elisah.eu/your-plan-is-ready-el/	https://contents.elisah.eu/your-plan-is-ready-uk/	https://contents.elisah.eu/your-plan-is-ready-es/	https://contents.elisah.eu/il-tuo-piano-e-pronto-3/
9	Your day	app_guide	https://contents.elisah.eu/your-day-en/	https://contents.elisah.eu/your-day-el/	https://contents.elisah.eu/your-day-uk/	https://contents.elisah.eu/your-day-es/	https://contents.elisah.eu/la-tua-giornata-2/
10	Keep your waist circumference under control	general_info	https://contents.elisah.eu/keep-your-waist-circumference-under-control-en/	https://contents.elisah.eu/keep-your-waist-circumference-under-control-el/	https://contents.elisah.eu/keep-your-waist-circumference-under-control-uk/	https://contents.elisah.eu/keep-your-waist-circumference-under-control-es/	https://contents.elisah.eu/tieni-sotto-controllo-la-circonferenza-addominale/
11	How to measure waist circumference	general_info	https://contents.elisah.eu/how-to-measure-waist-circumference-en/	https://contents.elisah.eu/how-to-measure-waist-circumference-el/	https://contents.elisah.eu/how-to-measure-waist-circumference-uk/	https://contents.elisah.eu/how-to-measure-waist-circumference-es/	https://contents.elisah.eu/come-misurare-la-circonferenza-vita/
12	The suggestions from WCRF	general_info	https://contents.elisah.eu/the-suggestions-from-wcrf-en/	https://contents.elisah.eu/the-suggestions-from-wcrf-el/	https://contents.elisah.eu/the-suggestions-from-wcrf-uk/	https://contents.elisah.eu/the-suggestions-from-wcrf-es/	https://contents.elisah.eu/i-consigli-della-wcrf/
13	Information and motivation programme for a healthy, smoke-free lifestyle	smoke	https://contents.elisah.eu/information-and-motivation-programme-for-a-healthy-smoke-free-lifestyle/	https://contents.elisah.eu/information-and-motivation-programme-for-a-healthy-smoke-free-lifestyle-el/	https://contents.elisah.eu/information-and-motivation-programme-for-a-healthy-smoke-free-lifestyle-uk/	https://contents.elisah.eu/information-and-motivation-programme-for-a-healthy-smoke-free-lifestyle-es/	https://contents.elisah.eu/programma-informativo-e-motivazionale-per-uno-stile-di-vita-sano-senza-fumo/
14	From the ingredient list to health: analysis of your foods	esposizione_zero	https://contents.elisah.eu/from-the-ingredient-list-to-health-analysis-of-your-foods-en/	https://contents.elisah.eu/from-the-ingredient-list-to-health-analysis-of-your-foods-el/	https://contents.elisah.eu/from-the-ingredient-list-to-health-analysis-of-your-foods-uk/	https://contents.elisah.eu/from-the-ingredient-list-to-health-analysis-of-your-foods-es/	https://contents.elisah.eu/dalla-lista-degli-ingredienti-all'analisi-della-salute-cosa-tuoi-alimenti/
15	Cosmetics and well-being: what's behind the label?	esposizione_zero	https://contents.elisah.eu/cosmetics-and-well-being-whats-behind-the-label-en/	https://contents.elisah.eu/cosmetics-and-well-being-whats-behind-the-label-el/	https://contents.elisah.eu/cosmetics-and-well-being-whats-behind-the-label-uk/	https://contents.elisah.eu/cosmetics-and-well-being-whats-behind-the-label-es/	https://contents.elisah.eu/cosmetici-e-benessere-cosa-c'è-dietro-letichetta/
16	Did you enter weight and waist circumference?	app_guide	https://contents.elisah.eu/did-you-enter-weight-and-waist-circumference-en/	https://contents.elisah.eu/did-you-enter-weight-and-waist-circumference-el/	https://contents.elisah.eu/did-you-enter-weight-and-waist-circumference-uk/	https://contents.elisah.eu/did-you-enter-weight-and-waist-circumference-es/	https://contents.elisah.eu/non-hai-inserito-peso-e-circonferenza-addome-ri-programmi-2/
17	The Mediterranean diet	nutrition	https://contents.elisah.eu/the-mediterranean-diet-en/	https://contents.elisah.eu/the-mediterranean-diet-el/	https://contents.elisah.eu/the-mediterranean-diet-uk/	https://contents.elisah.eu/the-mediterranean-diet-es/	https://contents.elisah.eu/la-dieta-mediterranea-2/
18	What are the benefits of quitting?	smoke	https://contents.elisah.eu/what-are-the-benefits-of-quitting-en/	https://contents.elisah.eu/what-are-the-benefits-of-quitting-el/	https://contents.elisah.eu/what-are-the-benefits-of-quitting-uk/	https://contents.elisah.eu/what-are-the-benefits-of-quitting-es/	https://contents.elisah.eu/benefici-cessazione/
19	What are the benefits of quitting? - Video	smoke	https://elisahapp.altervista.org/wp-content/uploads/2025/03/Contenuto-4-ENG.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/Contenuto-4-GR.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/Contenuto-4-UKR.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/Contenuto-4-ESP.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/03/Contenuto-4.mp4
20	How do I know if I am motivated to give up smoking?	smoke	https://contents.elisah.eu/how-know-motivated-smoke-en/	https://contents.elisah.eu/how-know-i-am-motivated-to-quit-smoking-el/	https://contents.elisah.eu/how-do-i-know-if-i-am-motivated-uk/	https://contents.elisah.eu/how-know-motivated-smoke-es/	https://contents.elisah.eu/come-faccio-a-capire-se-sono-motivato-a-smettere-di-fumare/
21	The healthy Mediterranean plate	nutrition	https://contents.elisah.eu/the-healthy-mediterranean-plate-en/	https://contents.elisah.eu/the-healthy-mediterranean-plate-el/	https://contents.elisah.eu/the-healthy-mediterranean-plate-uk/	https://contents.elisah.eu/the-healthy-mediterranean-plate-es/	https://contents.elisah.eu/il-piatto-mediterraneo-sano/
22	5 tips to stop smoking - Video	smoke	https://elisahapp.altervista.org/wp-content/uploads/2025/03/Contenuto-8-ENG.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/Contenuto-8-GR.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/Contenuto-8-UKR.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/Contenuto-8-ESP.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/03/Contenuto-8.mp4
23	Which harmful chemicals are found in foods and cosmetics?	esposizione_zero	to translate	to translate	to translate	to translate	https://contents.elisah.eu/quali-sostanze-chimiche-nocive-nei-cibi-e-nei-cosmetici/

24	Is nicotine physically addictive?	smoke	https://contents.elisah.eu/is-nicotine-physically-addictive-en/	https://contents.elisah.eu/is-nicotine-physically-addictive-el/	https://contents.elisah.eu/is-nicotine-physically-addictive-uk/	https://contents.elisah.eu/is-nicotine-physically-addictive-es/	https://contents.elisah.eu/co-sa-ce-alla-base-della-dipendenza-fisica-da-nicotina/
25	Myths About Smoking - Video	smoke	https://elisahapp.altervista.org/wp-content/uploads/2025/03/C-ontenuto-9-ENG.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/Fu-mo-9-GR.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/Fu-mo-9-UKR.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/Fu-mo-9-ESP.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/03/C-ontenuto-9.mp4
26	Recipe Chick pea balls	recipes	https://contents.elisah.eu/ch-ick-pea-balls-eng/	https://contents.elisah.eu/ch-ick-pea-balls-ell/	https://contents.elisah.eu/ch-ick-pea-balls-uk/	https://contents.elisah.eu/ch-ick-pea-balls-es/	https://contents.elisah.eu/p-olpette-di-ceci/
27	Alcohol	alcol	https://contents.elisah.eu/al-coholic-beverages-eng/	https://contents.elisah.eu/al-col-ell/	https://contents.elisah.eu/al-cohol-uk/	https://contents.elisah.eu/al-cohol-es/	https://contents.elisah.eu/al-col/
28	Which harmful chemicals are found in personal care products?	esposizione _zero	to translate	to translate	to translate	to translate	https://contents.elisah.eu/so-stanze-chimiche-prodotti-cura-cosmesi-e-tumore-alla-mammella/
29	What are the main steps in a smoking cessation programme?	smoke	https://contents.elisah.eu/main-steps-in-cessation-programme-en/	https://contents.elisah.eu/main-steps-in-smoking-cessation-programme-el/	https://contents.elisah.eu/what-are-the-main-steps-in-a-smoking-cessation-programme-uk/	https://contents.elisah.eu/what-main-steps-in-cessation-programme-es/	https://contents.elisah.eu/pa-ssi-disassuefazione/
30	Ultra-processed foods: health risks - VIDEO	esposizione _zero	https://elisahapp.altervista.org/wp-content/uploads/2025/05/B-errino-Cibi-ultra-lavorati-ENG.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/Ci-bi-ultra-processati-rischi-per-la-salute-GR.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/B-errino-Cibi-ultra-lavorati-UKR.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/Ci-bi-ultra-lavorati-Quali-sono-i-rischi-per-la-salute-ESP.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/04/B-errino-Cibi-ultra-lavorati.mp4
31	The Impact of Smoking on Breast Cancer – Video	smoke	https://elisahapp.altervista.org/wp-content/uploads/2025/03/C-ontenuto-3-ENG.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/Fu-mo-3-GR.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/Fu-mo-3-UKR.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/Fu-mo-3-ESP.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/03/C-ontenuto-3.mp4
32	Seasonality	nutrition	https://contents.elisah.eu/seasonality-eng/	https://contents.elisah.eu/seasonality-ell/	https://contents.elisah.eu/seasonality-uk/	https://contents.elisah.eu/seasonality-es/	https://contents.elisah.eu/stagionalita/
33	The value of carbon monoxide measurement	smoke	https://contents.elisah.eu/carbon-monoxide-measurement-eng/	https://contents.elisah.eu/carbon-monoxide-measurement-ell/	https://contents.elisah.eu/the-value-of-carbon-monoxide-measurement-uk/	https://contents.elisah.eu/the-value-of-carbon-monoxide-measurement-es/	https://contents.elisah.eu/misurare-il-co/
34	Ultra-processed foods: how to identify them by reading labels	esposizione _zero	to translate	to translate	to translate	to translate	https://contents.elisah.eu/cibi-ultra-lavorati-introduzione/
35	Group 1: unprocessed or minimally processed foods	esposizione _zero	to translate	to translate	to translate	to translate	https://contents.elisah.eu/gruppo-1-ultra-processati/
36	Minimally processed foods: benefits - VIDEO	esposizione _zero	https://elisahapp.altervista.org/wp-content/uploads/2025/05/B-enefici-cibi-minimamente-processati-ENG.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/Ci-bi-ultra-processati-benefici-cibi-minimamente-processati-GR.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/B-enefici-cibi-minimamente-processati-UKR.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/B-enefici-cibi-minimamente-processati-ESP.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/04/B-enefici-cibi-minimamente-processati.mp4
37	Alcohol and smoking	alcol	https://contents.elisah.eu/alcohol-and-smoking-eng/	https://contents.elisah.eu/alcohol-and-smoking-ell/	https://contents.elisah.eu/alcohol-and-smoking-uk/	https://contents.elisah.eu/alcohol-and-smoking-es/	https://contents.elisah.eu/alcol-e-fumo/
38	Glossary of special foods	nutrition	https://contents.elisah.eu/glossary-of-special-ingredients-eng/	https://contents.elisah.eu/glossary-of-special-ingredients-ell/	https://contents.elisah.eu/glossary-of-special-ingredients-uk/	https://contents.elisah.eu/glossary-of-special-ingredients-es/	https://contents.elisah.eu/glossario-degli-alimenti-speciali/
39	Why go to a smoking cessation center?	smoke	country adaptation missing	country adaptation missing	country adaptation missing	country adaptation missing	https://contents.elisah.eu/centro-antifumo/
40	The INT Smoking Cessation Center	smoke	country adaptation missing	country adaptation missing	country adaptation missing	country adaptation missing	https://contents.elisah.eu/centro-antifumo-int/
41	Group 2: processed culinary ingredients	esposizione _zero	to translate	to translate	to translate	to translate	https://contents.elisah.eu/gruppo-2-ultra-processati/
42	Recipe Broad beans & peas with mint	recipes	https://contents.elisah.eu/broad-beans-peas-with-mint-eng/	https://contents.elisah.eu/broad-beans-peas-with-mint-ell/	https://contents.elisah.eu/broad-beans-peas-with-mint-uk/	https://contents.elisah.eu/broad-beans-peas-with-mint-es/	https://contents.elisah.eu/piselli-e-fave-alla-menta/
43	Is passive smoking really so harmful?	smoke	https://contents.elisah.eu/passive-smoking-is-harmful-eng/	https://contents.elisah.eu/passive-smoking-harmful-ell/	https://contents.elisah.eu/passive-smoking-really-so-harmful-uk/	https://contents.elisah.eu/passive-smoking-really-harmful-es/	https://contents.elisah.eu/il-fumo-passivo-e-davvero-così-dannoso/
44	Smoking Damage – Video	smoke	https://elisahapp.altervista.org/wp-content/uploads/2025/03/C-ontenuto-1-ENG.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/Fu-mo-1-GR.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/Fu-mo-1-UKR.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/Fu-mo-1-ESP.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/03/C-ontenuto-1.mp4
45	Group 3: processed foods	esposizione _zero	to translate	to translate	to translate	to translate	https://contents.elisah.eu/gruppo-3-ultra-processati/
46	How to prepare yourself for quitting	smoke	https://contents.elisah.eu/prepare-yourself-for-quitting-eng/	https://contents.elisah.eu/prepare-yourself-for-quitting-ell/	To be uploaded	https://contents.elisah.eu/how-to-prepare-yourself-for-quitting-es/	https://contents.elisah.eu/como-prepararsi-a-smettere-di-fumare/
47	Cereals	nutrition	https://contents.elisah.eu/grains-eng/	https://contents.elisah.eu/grains-ell/	https://contents.elisah.eu/grains-uk/	https://contents.elisah.eu/grains-es/	https://contents.elisah.eu/i-cereali/
48	Group 4: ultra-processed foods	esposizione _zero	to translate	to translate	to translate	to translate	https://contents.elisah.eu/gruppo-4-ultra-processati/
49	What are the main withdrawal	smoke	https://contents.elisah.eu/main-withdrawal-symptoms/	https://contents.elisah.eu/main-withdrawal-symptoms-ell/	To be uploaded	https://contents.elisah.eu/what-are-the-main-withdrawal-symptoms-ell/	https://contents.elisah.eu/quali-sono-i-principali-sintomi-di-astinenza/

	symptoms?						
50	Ultra-processed foods – Overweight and obesity - VIDEO	esposizione _zero	https://elisahapp.altervista.org/wp-content/uploads/2025/05/Ci-bi-ultra-processati-sovrappeso-e-obesita-ENG.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/Ci-bi-ultra-processati-sovrappeso-e-obesita-GR.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/Ci-bi-ultra-processati-sovrappeso-e-obesita-UKR.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/Ci-bi-ultra-processati-sovrappeso-e-obesita-ESP.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/05/Ci-bi-ultra-processati-sovrappeso-e-obesita.mp4
51	Recipe How to cook brown rice	recipes	https://contents.elisah.eu/how-to-cook-brown-rice-eng/	https://contents.elisah.eu/how-to-cook-brown-rice-ell/	https://contents.elisah.eu/how-to-cook-brown-rice-uk/	https://contents.elisah.eu/how-to-cook-brown-rice-es/	https://contents.elisah.eu/cottura-riso-integrale/
52	Diseases Related to Smoking - Video	smoke	https://elisahapp.altervista.org/wp-content/uploads/2025/03/C-ontenuto-2-ENG.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/Fu-mo-2-GR.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/Fu-mo-2-UKR.mox	https://elisahapp.altervista.org/wp-content/uploads/2025/06/Fu-mo-2-ESP.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/03/C-ontenuto-2.mp4
53	Alcohol and women	alcol	https://contents.elisah.eu/alcohol-and-women-eng/	https://contents.elisah.eu/alcohol-and-women-ell/	https://contents.elisah.eu/alcohol-and-women-uk/	https://contents.elisah.eu/alcohol-and-women-es/	https://contents.elisah.eu/lalcol-e-le-donne/
54	Is it normal to have conflicting feelings about quitting?	smoke	https://contents.elisah.eu/confirming-feelings-about-quitting/	https://contents.elisah.eu/normal-to-have-conflicting-feelings-ell/	To be uploaded	https://contents.elisah.eu/normal-to-have-conflicting-feelings-about-quitting-es/	https://contents.elisah.eu/è-normale-avere-pensieri-contrastanti-quando-si-smette-di-fumare
55	Statements to overcome conflicting thoughts	smoke	https://contents.elisah.eu/overcoming-conflicting-thoughts-statements/	https://contents.elisah.eu/statements-for-conflicting-thoughts-ell/	To be uploaded	To be uploaded	https://contents.elisah.eu/affermazioni-per-affrontare-i-pensieri-contrastanti/
56	Heated Tobacco Products – Video	smoke	https://elisahapp.altervista.org/wp-content/uploads/2025/03/C-ontenuto-6-ENG.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/Fu-mo-6-GR.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/Fu-mo-6-UKR.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/Fu-mo-6-ESP.mp4	https://contents.elisah.eu/wp-content/uploads/2025/03/C-ontenuto-6.jpg
57	Recipe Sundried tomato and hazelnut pesto	recipes	https://contents.elisah.eu/sundried-tomato-and-hazelnut-pesto-eng/	https://contents.elisah.eu/sundried-tomato-and-hazelnut-pesto-ell/	https://contents.elisah.eu/sundried-tomato-and-hazelnut-pesto-uk/	https://contents.elisah.eu/sundried-tomato-and-hazelnut-pesto-es/	https://contents.elisah.eu/pesto-di-pomodorini-e-noccioline/
58	Recipe Rocket pesto	recipes	https://contents.elisah.eu/rocket-pesto-eng/	https://contents.elisah.eu/rocket-pesto-ell/	https://contents.elisah.eu/rocket-pesto-uk/	https://contents.elisah.eu/rocket-pesto-es/	https://contents.elisah.eu/pesto-di-rucola/
59	Ultra-processed foods – Breast cancer - VIDEO	esposizione _zero	https://elisahapp.altervista.org/wp-content/uploads/2025/05/Ci-bi-ultra-processati-tumore-alla-mammella-ENG.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/Ci-bi-ultra-processati-tumore-alla-mammella-GR.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/Ci-bi-ultra-processati-tumore-alla-mammella-UKR.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/Ci-bi-ultra-processati-Tumore-alla-mammella-ESP.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/05/Ci-bi-ultra-processati-tumore-alla-mammella.mp4
60	Did you know there are drugs to quit smoking?	smoke	https://contents.elisah.eu/did-you-drugs-to-quit-smoking-en/	https://contents.elisah.eu/there-are-drugs-to-quit-ell/	To be uploaded	To be uploaded	https://contents.elisah.eu/farmaci-per-smettere-di-fumare/
61	Pasta	nutrition	https://contents.elisah.eu/la-pasta-eng/	https://contents.elisah.eu/la-pasta-ell/	https://contents.elisah.eu/la-pasta-uk/	https://contents.elisah.eu/la-pasta-es/	https://contents.elisah.eu/la-pasta/
62	Alcohol and emotions	alcol	https://contents.elisah.eu/alcohol-and-emotions-eng/	https://contents.elisah.eu/alcohol-and-emotions-ell/	https://contents.elisah.eu/alcohol-and-emotions-uk/	https://contents.elisah.eu/alcohol-and-emotions-es/	https://contents.elisah.eu/alcohol-ed-emozioni/
63	Recipe Creamy lentil soup	recipes	https://contents.elisah.eu/creamy-lentil-soup-eng/	https://contents.elisah.eu/creamy-lentil-soup-ell/	https://contents.elisah.eu/creamy-lentil-soup-uk/	https://contents.elisah.eu/creamy-lentil-soup-es/	https://contents.elisah.eu/crema-di-lenticchie/
64	Recipe Broccoli & anchovy pasta	recipes	https://contents.elisah.eu/broccoli-anchovy-pasta-eng/	https://contents.elisah.eu/broccoli-anchovy-pasta-ell/	https://contents.elisah.eu/broccoli-anchovy-pasta-uk/	https://contents.elisah.eu/broccoli-anchovy-pasta-es/	https://contents.elisah.eu/pasta-broccoli-e-accughe/
65	A Health Risk: E-cigarettes - Video	smoke	https://elisahapp.altervista.org/wp-content/uploads/2025/03/C-ontenuto-5-ENG.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/Fu-mo-5-GR.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/Fu-mo-5-UKR.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/Fu-mo-5-ESP.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/03/C-ontenuto-5.mp4
66	The de-addiction diary	smoke	https://contents.elisah.eu/the-de-addiction-diary/	https://contents.elisah.eu/the-de-addiction-diary-ell/	To be uploaded	To be uploaded	https://contents.elisah.eu/diario-disassuefazione/
67	Fear of quitting smoking: How to listen to it?	smoke	https://contents.elisah.eu/fear-of-quitting-smoking/	https://contents.elisah.eu/fear-of-quitting-smoking-how-to-listen-to-it-ell/	To be uploaded	To be uploaded	https://contents.elisah.eu/lapaura-di-smettere/
68	Disposable Electronic Cigarettes - Video	smoke	https://elisahapp.altervista.org/wp-content/uploads/2025/03/C-ontenuto-7-ENG.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/Fu-mo-7-GR.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/Fu-mo-7-UKR.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/Fu-mo-7-ESP.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/03/C-ontenuto-7.mp4
69	Pulses	nutrition	https://contents.elisah.eu/pulses-eng/	https://contents.elisah.eu/pulses-ell/	https://contents.elisah.eu/pulses-uk/	https://contents.elisah.eu/pulses-es/	https://contents.elisah.eu/legumi/
70	Recipe Chick pea hummus	recipes	https://contents.elisah.eu/chick-pea-hummus-eng/	https://contents.elisah.eu/chick-pea-hummus-ell/	https://contents.elisah.eu/chick-pea-hummus-uk/	https://contents.elisah.eu/chick-pea-hummus-es/	https://contents.elisah.eu/hummus-di-ceci/
71	Stress as a risk factor for addiction	smoke	https://contents.elisah.eu/stress-as-a-risk-factor-eng/	https://contents.elisah.eu/stress-as-a-risk-factor-for-addiction-ell/	To be uploaded	To be uploaded	https://contents.elisah.eu/stress-come-fattore-di-rischio-per-la-dipendenza/
72	Falafel	recipes	https://contents.elisah.eu/falafel-eng/	https://contents.elisah.eu/falafel-ell/	https://contents.elisah.eu/falafel-uk/	https://contents.elisah.eu/falafel-es/	https://contents.elisah.eu/falafel/
73	False myths about alcohol	alcol	https://contents.elisah.eu/alcohol-false-myths-eng/	https://contents.elisah.eu/alcohol-se-myths-about-alcohol-ell/	https://contents.elisah.eu/alcohol-se-myths-about-alcohol-uk/	https://contents.elisah.eu/alcohol-se-myths-about-alcohol-es/	https://contents.elisah.eu/false-convinzioni-sullalcol/
74	Sweets	nutrition	https://contents.elisah.eu/sweets-eng/	https://contents.elisah.eu/sweets-ell/	https://contents.elisah.eu/sweets-uk/	https://contents.elisah.eu/sweets-es/	https://contents.elisah.eu/dolci/
75	Loneliness as a risk factor for addiction	smoke	https://contents.elisah.eu/loneliness-as-a-risk-factor-eng/	https://contents.elisah.eu/loneliness-as-a-risk-factor-for-addiction-ell/	To be uploaded	To be uploaded	https://contents.elisah.eu/la-solitudine-come-fattore-di-rischio-per-la-dipendenza/
76	Recipe Mixed salad with cannellini beans	recipes	https://contents.elisah.eu/mixed-salad-with-cannellini-beans-eng/	https://contents.elisah.eu/mixed-salad-with-cannellini-beans-ell/	https://contents.elisah.eu/mixed-salad-with-cannellini-beans-uk/	https://contents.elisah.eu/mixed-salad-with-cannellini-beans-es/	https://contents.elisah.eu/in-salata-mista-con-cannellini/
77	Recipe Fried tempeh	recipes	https://contents.elisah.eu/fried-tempeh-eng/	https://contents.elisah.eu/fried-tempeh-ell/	https://contents.elisah.eu/fried-tempeh-uk/	https://contents.elisah.eu/fried-tempeh-es/	https://contents.elisah.eu/tempeh-fritto/
78	Boredom as a risk factor for addiction	smoke	https://contents.elisah.eu/boredom-as-a-risk-factor-eng/	https://contents.elisah.eu/boredom-as-a-risk-factor-for-addiction-ell/	To be uploaded	To be uploaded	https://contents.elisah.eu/la-noia-come-fattore-di-rischio-per-la-dipendenza/
79	How Many Chemicals Are in	smoke	https://elisahapp.altervista.org/wp-content/uploads/2025/03/C-ontenuto-10-FNG.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/Fu-mo-10-GR.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/Fu-mo-10-IKR.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/06/Fu-mo-10-FSP.mp4	https://elisahapp.altervista.org/wp-content/uploads/2025/03/C-ontenuto-10.mp4

	a Cigarette? - Video						
80	Tips for storing and grain products	nutrition	https://contents.elisah.eu/tips-for-storing-and-grain-products-eng/	https://contents.elisah.eu/tips-for-storing-and-grain-products-ell/	https://contents.elisah.eu/tips-for-storing-and-grain-products-uk/	https://contents.elisah.eu/tips-for-storing-and-grain-products-es/	https://contents.elisah.eu/conservazione-cereali-e-derivati/
81	Can electronic devices help you quit smoking?	smoke	https://contents.elisah.eu/electronic-devices-helpful-eng/	https://contents.elisah.eu/electronic-devices-helpful-you-quit-smoking-ell/	To be uploaded	To be uploaded	https://contents.elisah.eu/dispositivi-elettronici-sono-un-valido-aumento-per-smettere-di-fumare/
82	Recipe Chick pea onion frittata	recipes	https://contents.elisah.eu/chick-pea-onion-frittata-eng/	https://contents.elisah.eu/chick-pea-onion-frittata-ell/	https://contents.elisah.eu/chick-pea-onion-frittata-uk/	https://contents.elisah.eu/chick-pea-onion-frittata-es/	https://contents.elisah.eu/frittata-di- ceci-e-cipolle/
83	Did you know that the main damage caused by smoking affects the heart and not the lungs?	smoke	https://contents.elisah.eu/heart-over-lungs-in-smoking-damages/	To be uploaded	To be uploaded	To be uploaded	https://contents.elisah.eu/sapevi-che-i-principali-danni-causati-dal-fumo-riguardano-il-cuore-e-non-i-polmoni/
84	What are the phases I can go through to change my behavior?	smoke	https://contents.elisah.eu/stages-to-go-through-to-change-behavior/	To be uploaded	To be uploaded	To be uploaded	https://contents.elisah.eu/le-fasi-per-cambiare-comportamento/
85	Recipe Mackerel paté	video_recipes	https://contents.elisah.eu/mackerel-pate-eng/	https://contents.elisah.eu/mackerel-pate-ell/	https://contents.elisah.eu/mackerel-pate-uk/	https://contents.elisah.eu/mackerel-pate-es/	https://contents.elisah.eu/pate-di-sgombro/
86	Recipe Matcha tea hummus	recipes	https://contents.elisah.eu/matcha-tea-hummus-eng/	https://contents.elisah.eu/matcha-tea-hummus-ell/	https://contents.elisah.eu/matcha-tea-hummus-uk/	https://contents.elisah.eu/matcha-tea-hummus-es/	https://contents.elisah.eu/hummus-al-te-matcha/
87	Milk	nutrition	https://contents.elisah.eu/milk-eng/	https://contents.elisah.eu/milk-ell/	https://contents.elisah.eu/milk-uk/	https://contents.elisah.eu/milk-es/	https://contents.elisah.eu/latte/
88	Why does smoking cause cancer?	smoke	https://contents.elisah.eu/why-does-smoking-cause-cancer/	To be uploaded	To be uploaded	To be uploaded	https://contents.elisah.eu/perche-fumare-provoca-il-tumore/
89	Breakfast	nutrition	https://contents.elisah.eu/breakfast-eng/	https://contents.elisah.eu/breakfast-ell/	https://contents.elisah.eu/breakfast-uk/	https://contents.elisah.eu/breakfast-es/	https://contents.elisah.eu/la-colazione/
90	Recipe Muffins	recipes	https://contents.elisah.eu/muffins-eng/	https://contents.elisah.eu/muffins-ell/	https://contents.elisah.eu/muffins-uk/	https://contents.elisah.eu/muffins-es/	https://contents.elisah.eu/muffin/
91	Dairy products	nutrition	https://contents.elisah.eu/dairy-products-eng/	https://contents.elisah.eu/dairy-products-ell/	https://contents.elisah.eu/dairy-products-uk/	https://contents.elisah.eu/dairy-products-es/	https://contents.elisah.eu/latticini/
92	Recipe Squash & soy sauce pasta	recipes	https://contents.elisah.eu/squash-soy-sauce-pasta-eng/	https://contents.elisah.eu/squash-soy-sauce-pasta-ell/	https://contents.elisah.eu/squash-soy-sauce-pasta-uk/	https://contents.elisah.eu/squash-soy-sauce-pasta-es/	https://contents.elisah.eu/pasta-con-zucca-e-salsa-di-soia/
93	Fermented milk and yogurt	nutrition	https://contents.elisah.eu/fermented-milk-and-yogurt-eng/	https://contents.elisah.eu/fermented-milk-and-yogurt-ell/	https://contents.elisah.eu/fermented-milk-and-yogurt-uk/	https://contents.elisah.eu/fermented-milk-and-yogurt-es/	https://contents.elisah.eu/yogurt-e-altri-latti-fermentati/
94	What are the benefits of quitting smoking for cancer patients?	smoke	https://contents.elisah.eu/what-are-the-benefits-of-quitting-smoking-for-cancer-patients/	To be uploaded	To be uploaded	To be uploaded	https://contents.elisah.eu/quelli-sono-i-benefici-della-cessazione-nel-paziente-oncologico/
95	Recipe Plant-based mayonnaise	recipes	https://contents.elisah.eu/plant-based-mayonnaise-eng/	https://contents.elisah.eu/plant-based-mayonnaise-ell/	https://contents.elisah.eu/plant-based-mayonnaise-uk/	https://contents.elisah.eu/plant-based-mayonnaise-es/	https://contents.elisah.eu/mayonnese-vegetale/
96	Eggs	recipes	https://contents.elisah.eu/eggs-eng/	https://contents.elisah.eu/eggs-ell/	https://contents.elisah.eu/eggs-uk/	To be uploaded	https://contents.elisah.eu/le-uova/
97	Recipe Tuna sauce	recipes	https://contents.elisah.eu/tuna-sauce-eng/	https://contents.elisah.eu/tuna-sauce-ell/	https://contents.elisah.eu/tuna-sauce-uk/	https://contents.elisah.eu/tuna-sauce-es/	https://contents.elisah.eu/salsa-tonnata/
98	Red meat	nutrition	https://contents.elisah.eu/red-meat-eng/	https://contents.elisah.eu/red-meat-ell/	https://contents.elisah.eu/red-meat-uk/	https://contents.elisah.eu/red-meat-es/	https://contents.elisah.eu/carne-rossa/
99	Recipe Scrambled tofu	recipes	https://contents.elisah.eu/scrambled-tofu-eng/	https://contents.elisah.eu/scrambled-tofu-ell/	https://contents.elisah.eu/scrambled-tofu-uk/	https://contents.elisah.eu/scrambled-tofu-es/	https://contents.elisah.eu/tofu-strapazzato/
100	Does quitting provoke anxiety or depression?	smoke	https://contents.elisah.eu/anxiety-or-depression-while-quitting/	To be uploaded	To be uploaded	To be uploaded	https://contents.elisah.eu/stati-di-ansia-o-depressione-mentre-si-smette-di-fumare/
101	Psychological support for smoking cessation	smoke	https://contents.elisah.eu/psychological-support-for-quitting-smoking/	To be uploaded	To be uploaded	To be uploaded	https://contents.elisah.eu/supporto-psicologico-cessazione/
102	Recipe Chick pea and beetroot hummus	recipes	https://contents.elisah.eu/chick-pea-and-beetroot-hummus-eng/	https://contents.elisah.eu/chick-pea-and-beetroot-hummus-ell/	https://contents.elisah.eu/recipe-chick-pea-and-beetroot-hummus-uk/	https://contents.elisah.eu/chick-pea-and-beetroot-hummus-es/	https://contents.elisah.eu/hummus-di- ceci-e-barbabietola/
103	Creamed cannellini beans	recipes	https://contents.elisah.eu/creamed-cannellini-beans-eng/	https://contents.elisah.eu/creamed-cannellini-beans-ell/	https://contents.elisah.eu/creamed-cannellini-beans-uk/	https://contents.elisah.eu/creamed-cannellini-beans-es/	https://contents.elisah.eu/crema-di-fagioli-cannellini/
104	How to give up e-cigarettes	smoke	To be uploaded	To be uploaded	To be uploaded	To be uploaded	https://contents.elisah.eu/como-eliminare-le-e-cig/
105	Vegan croissants	recipes	https://contents.elisah.eu/vegan-croissants-eng/	https://contents.elisah.eu/vegan-croissants-ell/	https://contents.elisah.eu/vegan-croissants-uk/	https://contents.elisah.eu/vegan-croissants-es/	https://contents.elisah.eu/brioche/
106	Are gestures important?	smoke	To be uploaded	To be uploaded	To be uploaded	To be uploaded	https://contents.elisah.eu/mancano-soprattutto-il-gesto-di-fumare/
107	Squash hummus	recipes	https://contents.elisah.eu/squash-hummus-eng/	https://contents.elisah.eu/squash-hummus-ell/	https://contents.elisah.eu/squash-hummus-uk/	https://contents.elisah.eu/squash-hummus-es/	https://contents.elisah.eu/hummus-alla-zucca/
108	Muesli	recipes	https://contents.elisah.eu/muesli-eng/	https://contents.elisah.eu/muesli-ell/	https://contents.elisah.eu/muesli-uk/	https://contents.elisah.eu/muesli-es/	https://contents.elisah.eu/muesli/
109	Fennel au gratin	recipes	https://contents.elisah.eu/fennel-au-gratin-eng/	https://contents.elisah.eu/fennel-au-gratin-ell/	https://contents.elisah.eu/fennel-au-gratin-uk/	https://contents.elisah.eu/fennel-au-gratin-es/	https://contents.elisah.eu/fieno-pochi-gratinati/

11.0	Are you familiar with nicotine replacement?	smoke	To be uploaded	To be uploaded	To be uploaded	To be uploaded	https://contents.elisah.eu/consigli-la-terapia-nicotinica-sostitutiva
11.1	Fish and seafood	nutrition	https://contents.elisah.eu/fish-and-seafood-eng/	https://contents.elisah.eu/fish-and-seafood-ell/	https://contents.elisah.eu/fish-and-seafood-uk/	https://contents.elisah.eu/fish-and-seafood-es/	https://contents.elisah.eu/ingredienti-pesci/
11.2	Lettuce and mussel soup	recipes	https://contents.elisah.eu/lettuce-and-mussel-soup-eng/	https://contents.elisah.eu/lettuce-and-mussel-soup-ell/	https://contents.elisah.eu/lettuce-and-mussel-soup-uk/	https://contents.elisah.eu/lettuce-and-mussel-soup-es/	https://contents.elisah.eu/ricette-lattuga-e-cozze/
11.3	Spiny dogfish au gratin	recipes	https://contents.elisah.eu/spiny-dogfish-au-gratin-eng/	https://contents.elisah.eu/spiny-dogfish-au-gratin-ell/	https://contents.elisah.eu/spiny-dogfish-au-gratin-uk/	https://contents.elisah.eu/spiny-dogfish-au-gratin-es/	https://contents.elisah.eu/ricette-sogliola-gratin/
11.4	Are you familiar with cytisine?	smoke	To be uploaded	To be uploaded	To be uploaded	To be uploaded	https://contents.elisah.eu/sai-pei-che-una-pianta-puoi-aiutarti-a-smettere-di-fumare
11.5	Recipe parsley sauce	recipes	https://contents.elisah.eu/parsley-sauce-eng/	https://contents.elisah.eu/parsley-sauce-ell/	https://contents.elisah.eu/parsley-sauce-uk/	https://contents.elisah.eu/parsley-sauce-es/	https://contents.elisah.eu/salsa-al-prezioso/
11.6	Pastry base for savoury tarts	recipes	https://contents.elisah.eu/pastry-base-for-savoury-tarts-eng/	https://contents.elisah.eu/pastry-base-for-savoury-tarts-ell/	https://contents.elisah.eu/pastry-base-for-savoury-tarts-uk/	https://contents.elisah.eu/pastry-base-for-savoury-tarts-es/	https://contents.elisah.eu/pasta-base-per-torte-salate/
11.7	Recipe white almond cream	recipes	https://contents.elisah.eu/white-almond-cream-eng/	https://contents.elisah.eu/white-almond-cream-ell/	https://contents.elisah.eu/white-almond-cream-uk/	https://contents.elisah.eu/white-almond-cream-es/	https://contents.elisah.eu/crema-di-mandorle-bianche/
11.8	Do you know bupropion?	smoke	To be uploaded	To be uploaded	To be uploaded	To be uploaded	https://contents.elisah.eu/ha-i-mai-sentito-parlare-di-bupropione
11.9	Recipe Hazelnut cream spread	recipes	https://contents.elisah.eu/hazelnut-cream-spread-eng/	https://contents.elisah.eu/hazelnut-cream-spread-ell/	https://contents.elisah.eu/hazelnut-cream-spread-uk/	https://contents.elisah.eu/hazelnut-cream-spread-es/	https://contents.elisah.eu/crema-di-nocciole/
12.0	Sicilian stuffed sardines	recipes	https://contents.elisah.eu/sicilian-stuffed-sardines-eng/	https://contents.elisah.eu/sicilian-stuffed-sardines-ell/	https://contents.elisah.eu/sicilian-stuffed-sardines-uk/	https://contents.elisah.eu/sicilian-stuffed-sardines-es/	https://contents.elisah.eu/sardine-a-beccafico/
12.1	Is it better to quit suddenly or gradually?	smoke	To be uploaded	To be uploaded	To be uploaded	To be uploaded	https://contents.elisah.eu/miglior-smettere-di-colpo-o-in-modo-graduale/
12.2	Did you know that smoking also damages the skin?	smoke	To be uploaded	To be uploaded	To be uploaded	To be uploaded	https://contents.elisah.eu/sai-pei-che-il-fumo-danneggia-anche-la-pelle
12.3	Cuttlefish cannellini bean soup	recipes	https://contents.elisah.eu/cuttlefish-cannellini-bean-soup-eng/	https://contents.elisah.eu/cuttlefish-cannellini-bean-soup-ell/	https://contents.elisah.eu/cuttlefish-cannellini-bean-soup-uk/	https://contents.elisah.eu/cuttlefish-cannellini-bean-soup-es/	https://contents.elisah.eu/zuppa-di-seppie-e-cannellini/
12.4	Is it true that failures are opportunities?	smoke	To be uploaded	To be uploaded	To be uploaded	To be uploaded	https://contents.elisah.eu/vero-che-i-fallimenti-sono-occasioni
12.5	Do you know what COPD is?	smoke	To be uploaded	To be uploaded	To be uploaded	To be uploaded	https://contents.elisah.eu/sai-cos-e-la-bpco/
12.6	White meat	nutrition	https://contents.elisah.eu/white-meat-eng/	https://contents.elisah.eu/white-meat-ell/	https://contents.elisah.eu/white-meat-uk/	https://contents.elisah.eu/white-meat-es/	https://contents.elisah.eu/salumi/
12.7	Cold cuts and cured meats	nutrition	https://contents.elisah.eu/cold-cuts-and-cured-meats-eng/	https://contents.elisah.eu/cold-cuts-and-cured-meats-ell/	https://contents.elisah.eu/cold-cuts-and-cured-meats-uk/	https://contents.elisah.eu/cold-cuts-and-cured-meats-es/	https://contents.elisah.eu/salumi/
12.8	What support is there for me to quit smoking?	smoke	To be uploaded	To be uploaded	To be uploaded	To be uploaded	https://contents.elisah.eu/quali-tipologie-di-supporto-vale-bene-per-me-smettere-di-fumare/
12.9	Are heated tobacco products less harmful?	smoke	To be uploaded	To be uploaded	To be uploaded	To be uploaded	https://contents.elisah.eu/pronostici-a-tabacco-riscaldato-meno-dannosi/
13.0	Recipe pulse and seafood veloute	recipes	https://contents.elisah.eu/pulse-and-seafood-veloute-eng/	https://contents.elisah.eu/pulse-and-seafood-veloute-ell/	https://contents.elisah.eu/pulse-and-seafood-veloute-uk/	https://contents.elisah.eu/pulse-and-seafood-veloute-es/	https://contents.elisah.eu/velutata-legumi-e-frutti-di-mare/
13.1	Recipe cod croquettes	recipes	https://contents.elisah.eu/cod-croquettes-eng/	https://contents.elisah.eu/cod-croquettes-ell/	https://contents.elisah.eu/cod-croquettes-uk/	https://contents.elisah.eu/cod-croquettes-es/	https://contents.elisah.eu/croquette-di-merluccio/
13.2	Recipe creamy cauliflower soup	recipes	https://contents.elisah.eu/creamy-cauliflower-soup-eng/	https://contents.elisah.eu/creamy-cauliflower-soup-ell/	https://contents.elisah.eu/creamy-cauliflower-soup-uk/	https://contents.elisah.eu/creamy-cauliflower-soup-es/	https://contents.elisah.eu/crema-di-cavolfiore/
13.3	Cauliflower cheese	recipes	https://contents.elisah.eu/cauliflower-cheese-eng/	https://contents.elisah.eu/cauliflower-cheese-ell/	https://contents.elisah.eu/cauliflower-cheese-uk/	https://contents.elisah.eu/cauliflower-cheese-es/	https://contents.elisah.eu/cavolfiori-gratinati/
13.4	Recipe lentil tomato stew	recipes	https://contents.elisah.eu/lentil-tomato-stew-eng/	https://contents.elisah.eu/lentil-tomato-stew-ell/	https://contents.elisah.eu/lentil-tomato-stew-uk/	https://contents.elisah.eu/lentil-tomato-stew-es/	https://contents.elisah.eu/legumi-stufati/
13.5	Creamy squash soup	recipes	https://contents.elisah.eu/creamy-squash-soup-eng/	https://contents.elisah.eu/creamy-squash-soup-ell/	https://contents.elisah.eu/creamy-squash-soup-uk/	https://contents.elisah.eu/creamy-squash-soup-es/	https://contents.elisah.eu/crema-di-zucca/
13.6	Recipe Cinnamon & ginger biscuits	recipes	https://contents.elisah.eu/cinnamon-ginger-biscuits-eng/	https://contents.elisah.eu/cinnamon-ginger-biscuits-ell/	https://contents.elisah.eu/cinnamon-ginger-biscuits-uk/	https://contents.elisah.eu/cinnamon-ginger-biscuits-es/	https://contents.elisah.eu/biscotti-cannella-e-zenzero/
13.7	Porridge	recipes	https://contents.elisah.eu/porridge-eng/	https://contents.elisah.eu/porridge-ell/	https://contents.elisah.eu/porridge-uk/	https://contents.elisah.eu/porridge-es/	https://contents.elisah.eu/porridge/
13.8	Recipe nut dried fruit truffles	recipes	https://contents.elisah.eu/nut-dried-fruit-truffles-eng/	https://contents.elisah.eu/nut-dried-fruit-truffles-ell/	https://contents.elisah.eu/nut-dried-fruit-truffles-uk/	https://contents.elisah.eu/nut-dried-fruit-truffles-es/	https://contents.elisah.eu/truffe-di-frutta-essicata/
13.9	Recipe almond crunch	recipes	https://contents.elisah.eu/almond-crunch-eng/	https://contents.elisah.eu/almond-crunch-ell/	https://contents.elisah.eu/almond-crunch-uk/	https://contents.elisah.eu/almond-crunch-es/	https://contents.elisah.eu/crema-di-mandorla/
14.0	Once I've quit smoking, can I relapse?	smoke	To be uploaded	To be uploaded	To be uploaded	To be uploaded	https://contents.elisah.eu/ho-smesso-posso-ricadere/
14.1	Will I gain weight if I quit smoking?	smoke	To be uploaded	To be uploaded	To be uploaded	To be uploaded	https://contents.elisah.eu/pondera-ingrassare-smettendo-fumare/
14.2	Start exercising today!	smoke	To be uploaded	To be uploaded	To be uploaded	To be uploaded	https://contents.elisah.eu/sporzi-comincia-oggi/
14.3	Recipe Marbled coffee bundt	recipes	https://contents.elisah.eu/marbled-coffee-bundt-cake-eng/	https://contents.elisah.eu/marbled-coffee-bundt-cake-ell/	https://contents.elisah.eu/marbled-coffee-bundt-cake-uk/	https://contents.elisah.eu/marbled-coffee-bundt-cake-es/	https://contents.elisah.eu/cake-bicolore-vegano-con-cafe-e-vaniglia/

	cake						
14 4	Recipe borlotti bean risotto with red wine and rosemary	recipes	https://contents.elisah.eu/borlotti-bean-risotto-with-red-wine-and-rosemary-eng/	https://contents.elisah.eu/borlotti-bean-risotto-with-red-wine-and-rosemary-ell/	https://contents.elisah.eu/borlotti-bean-risotto-with-red-wine-and-rosemary-uk/	https://contents.elisah.eu/borlotti-bean-risotto-with-red-wine-and-rosemary-es/	https://contents.elisah.eu/risotto-borlotti-barbera-e-rosmarino/
14 5	Recipe fennel orange and liquorice risotto	recipes	https://contents.elisah.eu/fennel-orange-and-liquorice-risotto-eng/	https://contents.elisah.eu/fennel-orange-and-liquorice-risotto-ell/	https://contents.elisah.eu/fennel-orange-and-liquorice-risotto-uk/	https://contents.elisah.eu/fennel-orange-and-liquorice-risotto-es/	https://contents.elisah.eu/risotto-finochiaro-arancia-e-liquirizia/
14 6	Can smoking cause infertility?	smoke	To be uploaded	To be uploaded	To be uploaded	To be uploaded	https://contents.elisah.eu/il-fumo-causa-di-infertilita/
14 7	The psychological benefits after quitting	smoke	To be uploaded	To be uploaded	To be uploaded	To be uploaded	https://contents.elisah.eu/benefici-psicologici-dopo-aver-smesso/
14 8	Recipe salmon fillets with ginger	recipes	https://contents.elisah.eu/salmon-fillets-with-ginger-eng/	https://contents.elisah.eu/salmon-fillets-with-ginger-ell/	https://contents.elisah.eu/salmon-fillets-with-ginger-uk/	https://contents.elisah.eu/salmon-fillets-with-ginger-es/	https://contents.elisah.eu/filletteri-di-salmone-allo-zenzero/
14 9	Have you ever thought about passive vaping?	smoke	To be uploaded	To be uploaded	To be uploaded	To be uploaded	https://contents.elisah.eu/ha-i-mai-pensato-al-vapore-passivo/
15 0	The freedom of those who quit smoking	smoke	To be uploaded	To be uploaded	To be uploaded	To be uploaded	https://contents.elisah.eu/liberta-di-chi-ha-smesso-di-fumare/
15 1	Recipe cabbage rolls	recipes	https://contents.elisah.eu/cabbage-rolls-eng/	https://contents.elisah.eu/cabbage-rolls-ell/	https://contents.elisah.eu/cabbage-rolls-uk/	https://contents.elisah.eu/cabbage-rolls-es/	https://contents.elisah.eu/involchini-di-verza/
15 2	From motivation to self-knowledge	smoke	To be uploaded	To be uploaded	To be uploaded	To be uploaded	https://contents.elisah.eu/dalla-motivazione-a-conoscenza-di-te/
15 3	Remote services for smoking cessation	smoke	To be uploaded	To be uploaded	To be uploaded	To be uploaded	To be uploaded
15 4	Recipe green lentil & couscous balls	recipes	https://contents.elisah.eu/green-lentil-couscous-balls-eng/	https://contents.elisah.eu/green-lentil-couscous-balls-ell/	https://contents.elisah.eu/green-lentil-couscous-balls-uk/	https://contents.elisah.eu/green-lentil-couscous-balls-es/	https://contents.elisah.eu/polpette-di-lenticchie-verdi-e-cous-cous/
15 5	That 'one cigarette' after quitting...	smoke	To be uploaded	To be uploaded	To be uploaded	To be uploaded	To be uploaded
15 6	Does my success depend on previous attempts?	smoke	To be uploaded	To be uploaded	To be uploaded	To be uploaded	To be uploaded
15 7	What are the benefits of giving up cigarettes and e-cigarettes?	smoke	To be uploaded	To be uploaded	To be uploaded	To be uploaded	To be uploaded
15 8	Do light cigarettes exist?	smoke	To be uploaded	To be uploaded	To be uploaded	To be uploaded	To be uploaded
15 9	Pear and chocolate cake	recipes	https://contents.elisah.eu/pear-and-chocolate-cake-eng/	https://contents.elisah.eu/pear-and-chocolate-cake-ell/	https://contents.elisah.eu/pear-and-chocolate-cake-uk/	https://contents.elisah.eu/pear-and-chocolate-cake-es/	https://contents.elisah.eu/torta-pera-e-cacao/
16 0	Is it true that cigarette butts are polluting?	smoke	To be uploaded	To be uploaded	To be uploaded	To be uploaded	To be uploaded
16 1	What determines my success at quitting?	smoke	To be uploaded	To be uploaded	To be uploaded	To be uploaded	To be uploaded
16 2	Yogurt blackberry poppy seed cake	recipes	https://contents.elisah.eu/yogurt-blackberry-poppy-seed-cake-eng/	https://contents.elisah.eu/yogurt-blackberry-poppy-seed-cake-ell/	https://contents.elisah.eu/yogurt-blackberry-poppy-seed-cake-uk/	https://contents.elisah.eu/yogurt-blackberry-poppy-seed-cake-es/	https://contents.elisah.eu/torta-yogurt-more-e-semi-di-papavero/
16 3	New resources to take a break and relax	smoke	To be uploaded	To be uploaded	To be uploaded	To be uploaded	To be uploaded
16 4	Revive your smell and taste!	smoke	To be uploaded	To be uploaded	To be uploaded	To be uploaded	To be uploaded
16 5	My doctor's advice and my motivation	smoke	To be uploaded	To be uploaded	To be uploaded	To be uploaded	To be uploaded
16 6	Herbal teas: allies for smoking cessation	smoke	To be uploaded	To be uploaded	To be uploaded	To be uploaded	To be uploaded
16 7	Smoking cessation therapy groups	smoke	To be uploaded	To be uploaded	To be uploaded	To be uploaded	To be uploaded
16 8	I'm now an ex-smoker: lights, colours and scents!	smoke	To be uploaded	To be uploaded	To be uploaded	To be uploaded	To be uploaded

16 9	Canned goods and derivatives	nutrition	https://contents.elisah.eu/canned-products-and-derivatives-eng/	https://contents.elisah.eu/canned-products-and-derivatives-ell/	https://contents.elisah.eu/canned-products-and-derivatives-uk/	https://contents.elisah.eu/canned-products-and-derivatives-es/	https://contents.elisah.eu/pe-sce-in-scatola-e-derivati/
17 0	Oven-braised celeriac	recipes	https://contents.elisah.eu/oven-braised-celeriac-eng/	https://contents.elisah.eu/oven-braised-celeriac-ell/	https://contents.elisah.eu/oven-braised-celeriac-uk/	https://contents.elisah.eu/oven-braised-celeriac-es/	https://contents.elisah.eu/se-dano-rapa-brasato-al-forno/
17 1	Tuscan farro soup	recipes	https://contents.elisah.eu/tuscan-spelt-soup-eng/	https://contents.elisah.eu/tuscan-spelt-soup-ell/	https://contents.elisah.eu/tuscan-spelt-soup-uk/	https://contents.elisah.eu/tuscan-spelt-soup-es/	https://contents.elisah.eu/zu-ppa-di-farro-alla-toscana/
17 2	Pasta with cauliflower, olives, and dried tomatoes	recipes	https://contents.elisah.eu/cauliflower-olive-sundried-tomato-pasta-eng/	https://contents.elisah.eu/cauliflower-olive-sundried-tomato-pasta-ell/	https://contents.elisah.eu/cauliflower-olive-sundried-tomato-pasta-uk/	https://contents.elisah.eu/cauliflower-olive-sundried-tomato-pasta-es/	https://contents.elisah.eu/pasta-cavolfiori-olive-e-pomodori-secchi/

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