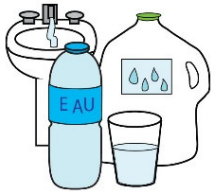
# Les boissons

L'eau est VITALE pour l'organisme. Le corps ne la stocke pas. Il faut donc boire régulièrement entre 1,5 et 2 litres par jour.

café

eau



thé

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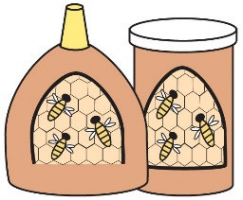
# Les produits sucrés

Ils fournissent une énergie immédiate,
mais il ne faut pas en abuser.

bonbons

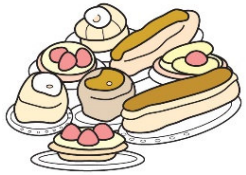
miel



pâte à tartiner

sucette

pâtisseries



sucre

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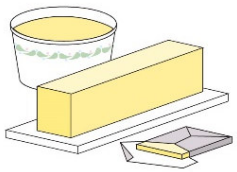
huile

beurre



mayonnaise

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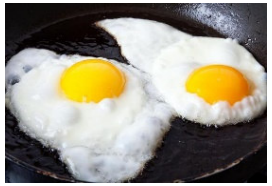
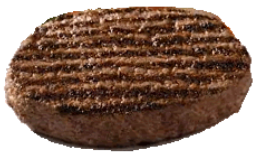
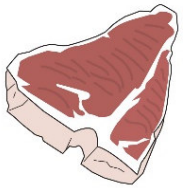




oeuf

bifteck



viande

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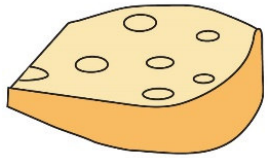
gruyère



Chèvre

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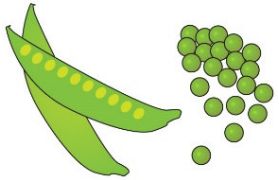
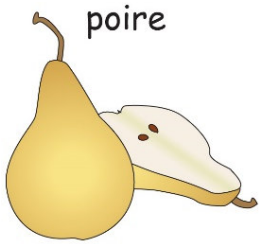
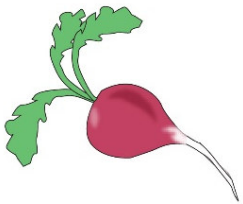
petits pois



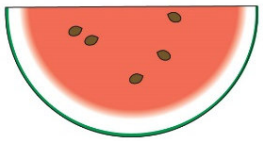
poire



radis

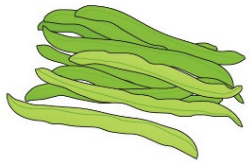


pastèque



ananas

haricot vert



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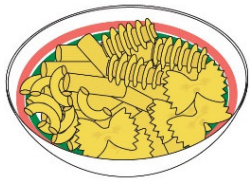
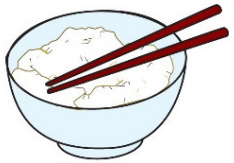
pâtes



pain

riz



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