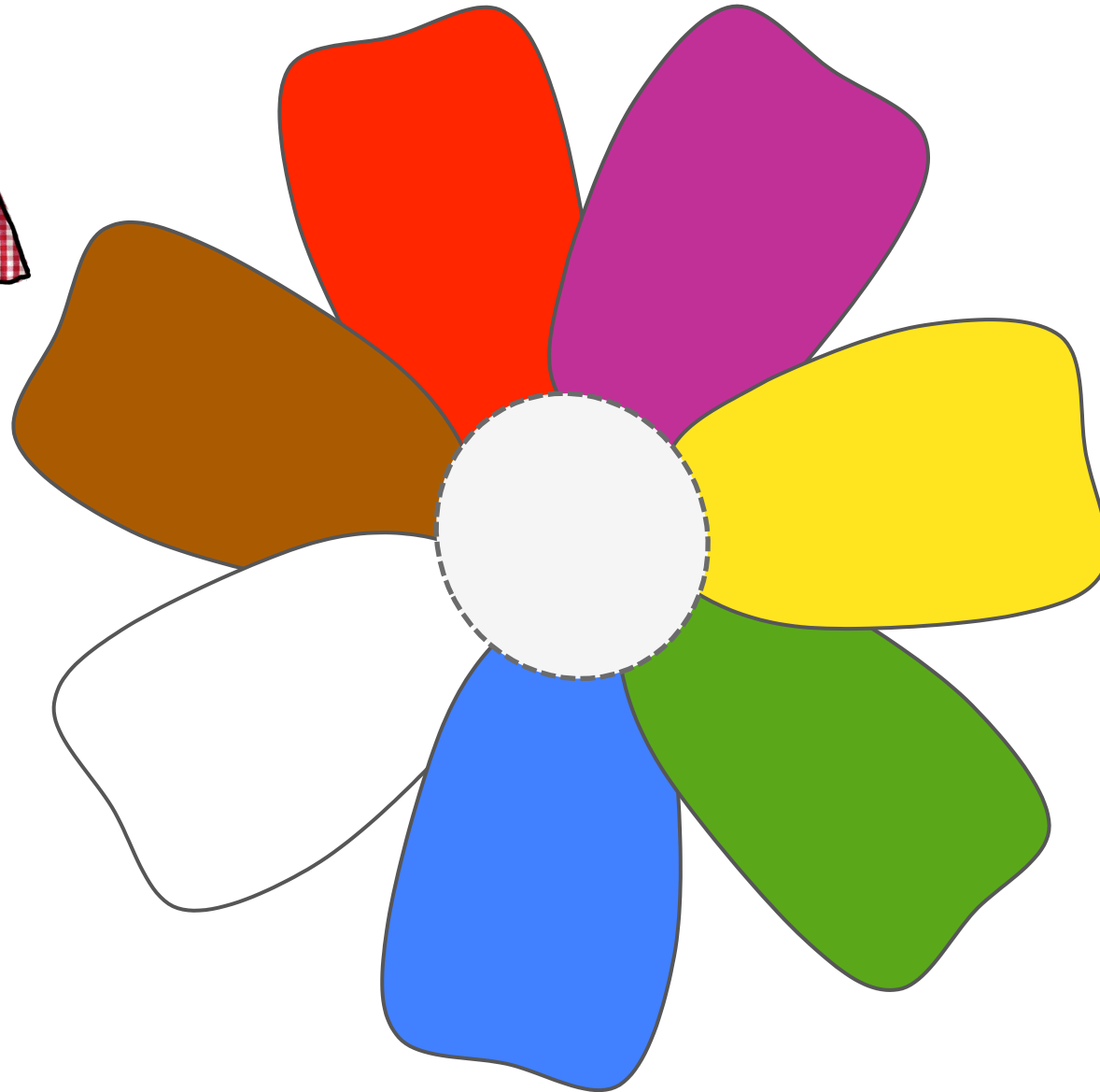
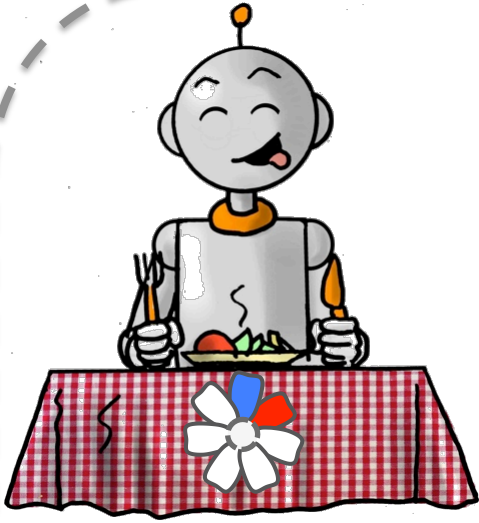
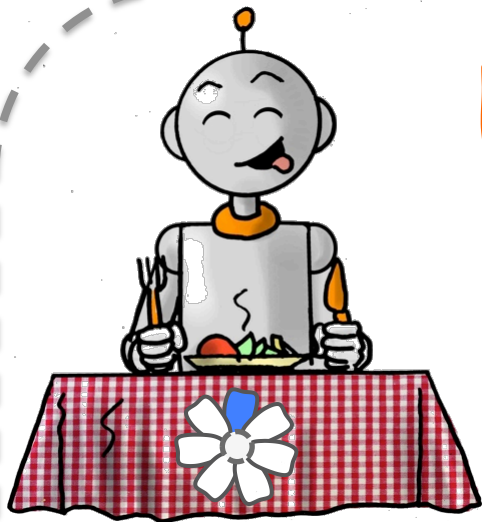


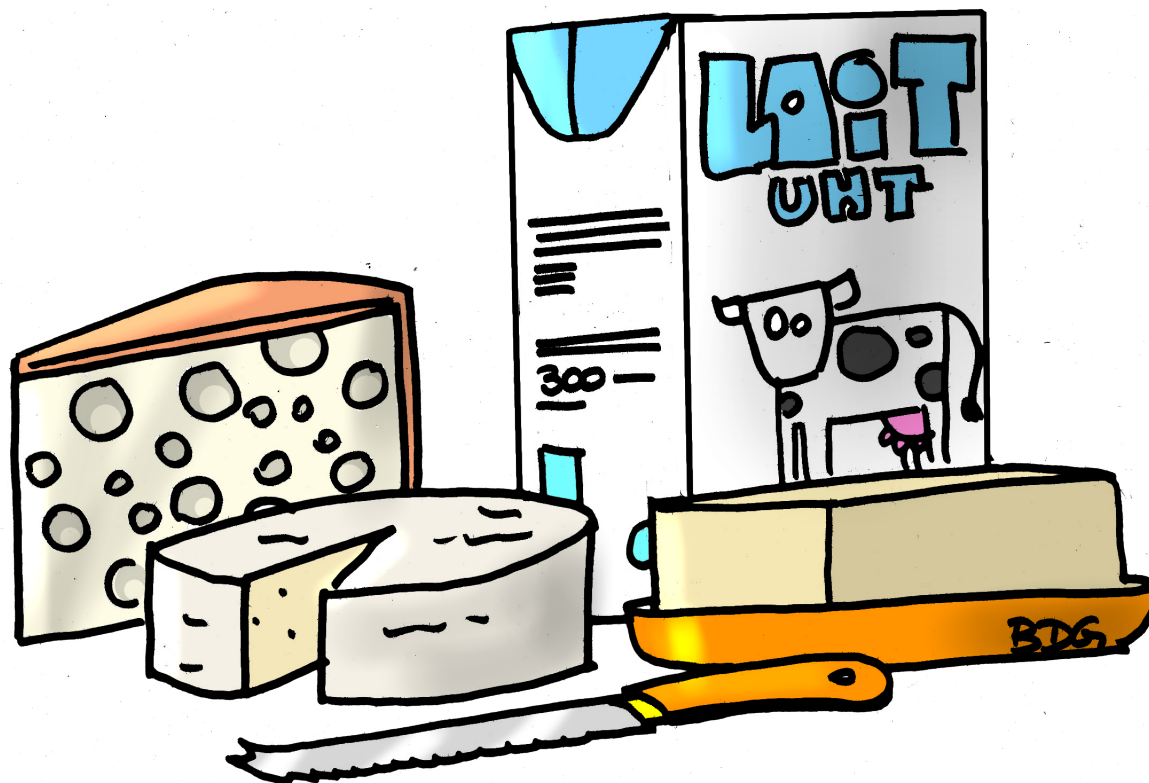
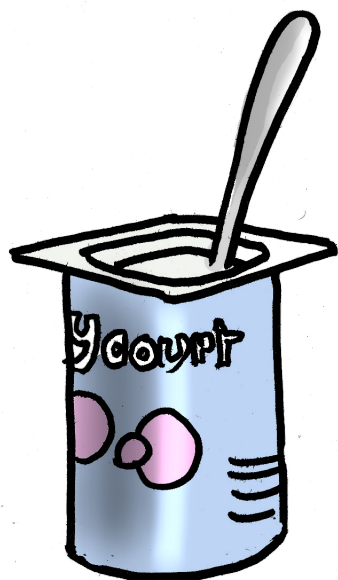
# L'alimentation



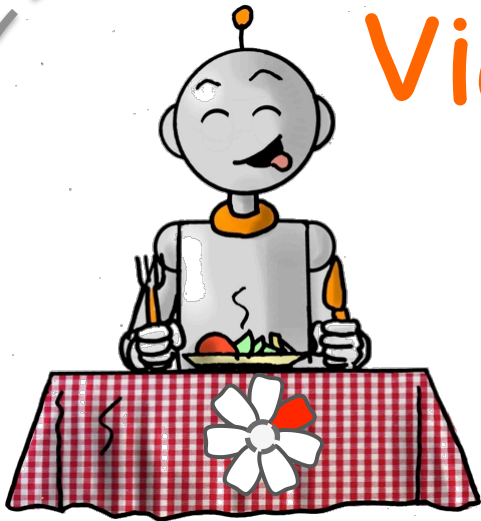


# Lait et produits laitiers

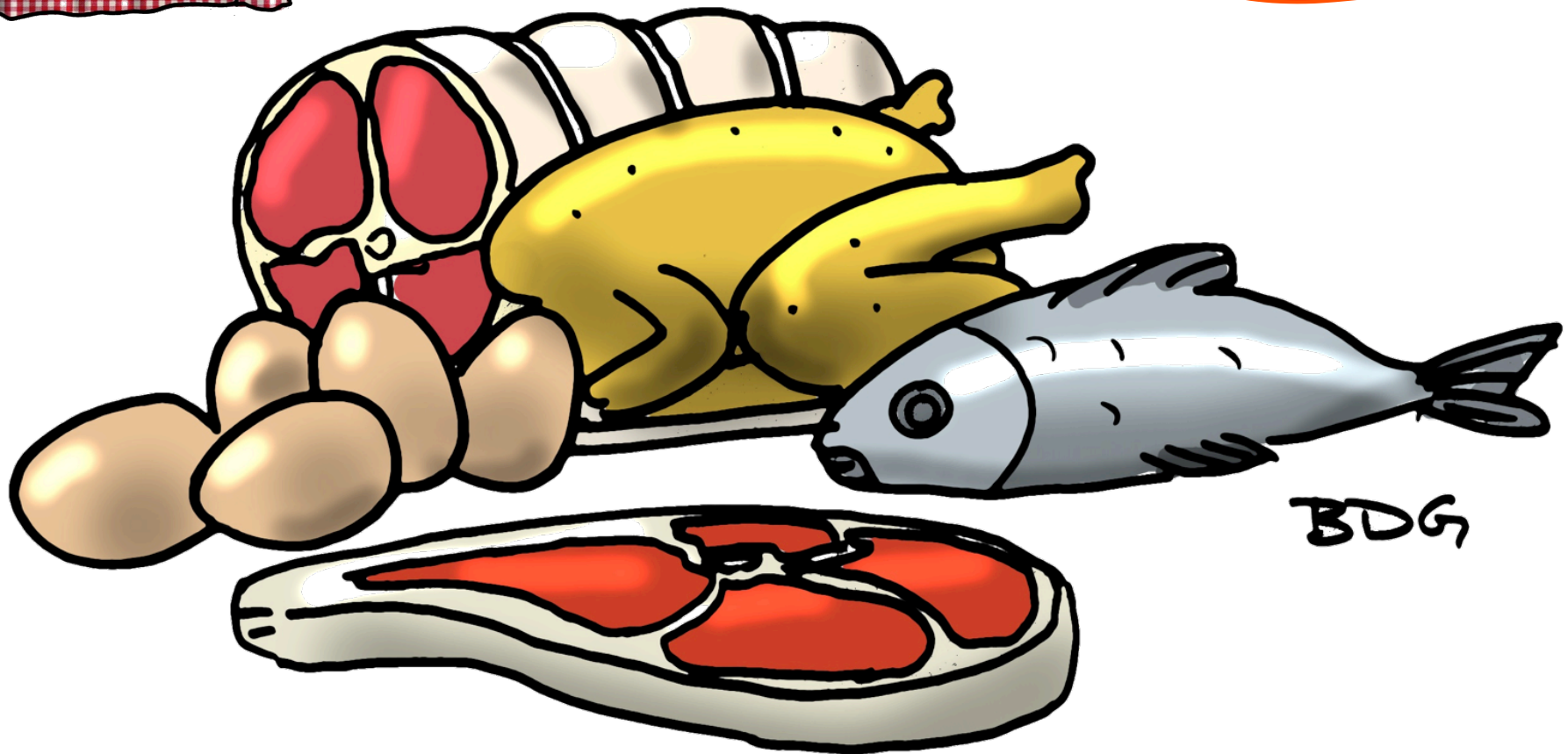
*À chaque repas*



# Viandes, poissons, œufs

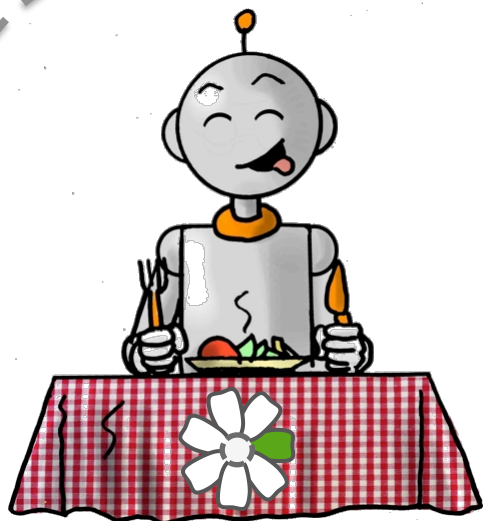


1 fois par jour



BDG

# Légumes et fruits



*À chaque repas*

