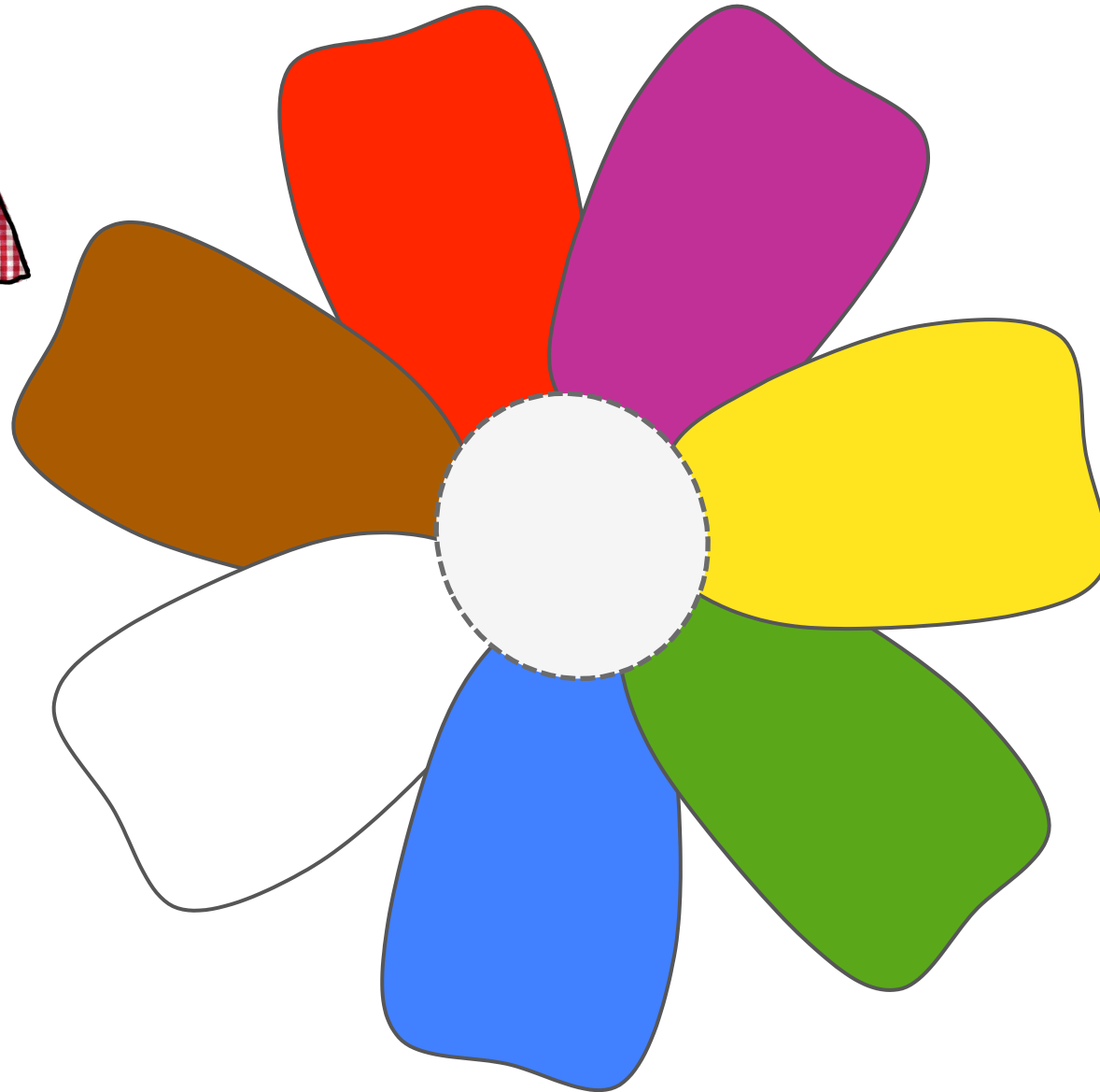
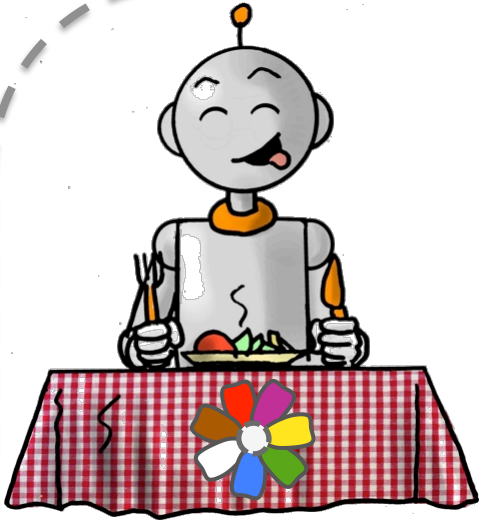
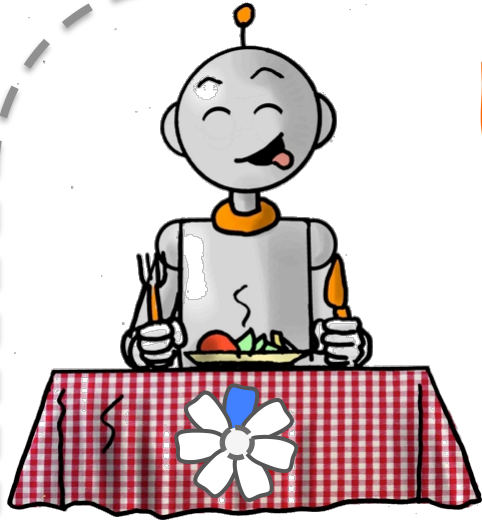


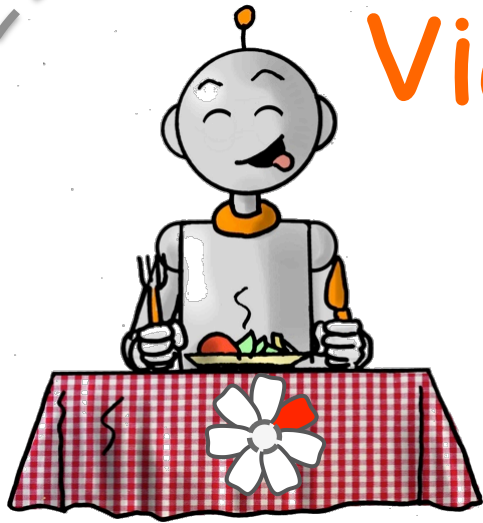
L'alimentation





Lait et produits laitiers

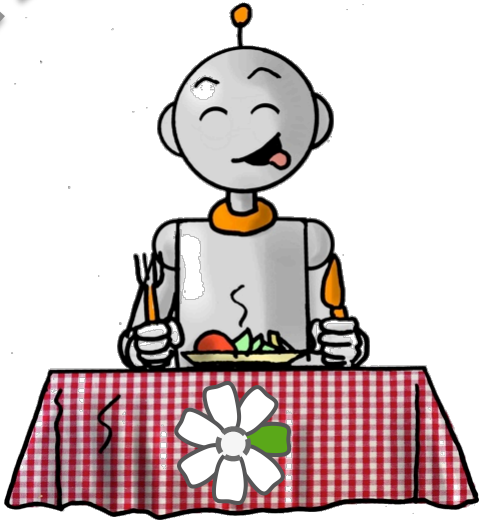
À chaque repas



Viandes, poissons, œufs

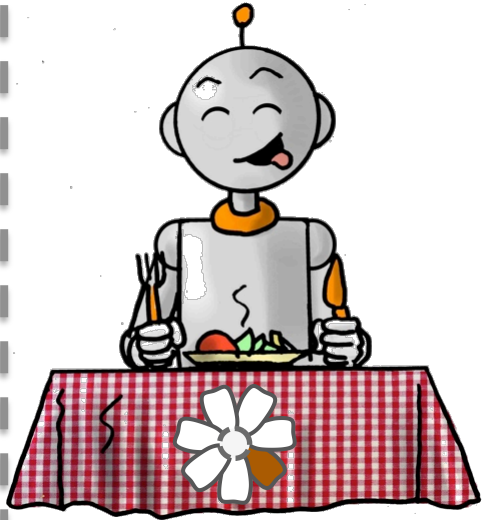
1 fois par jour

Légumes et fruits



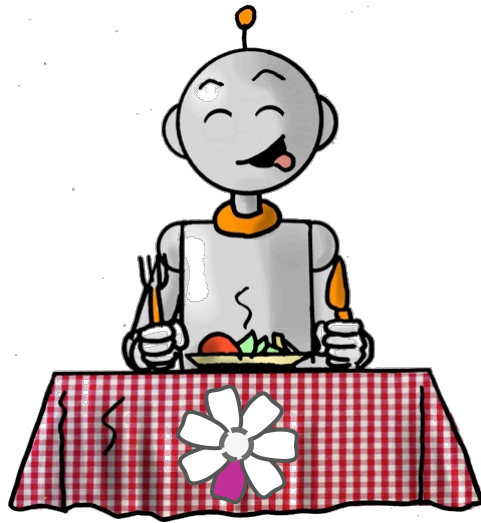
À chaque repas

Pain, pâtes, riz, pommes de terre



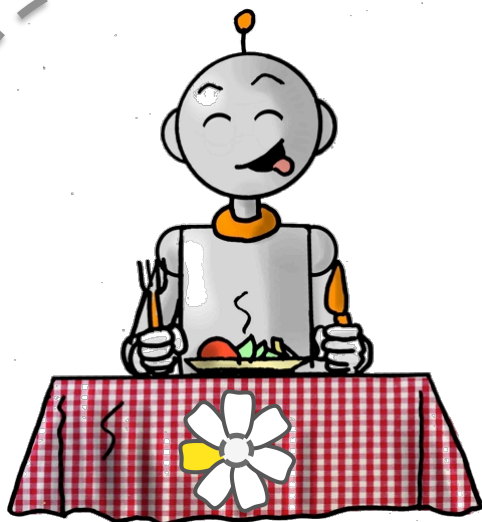
À chaque repas

Produits sucrés



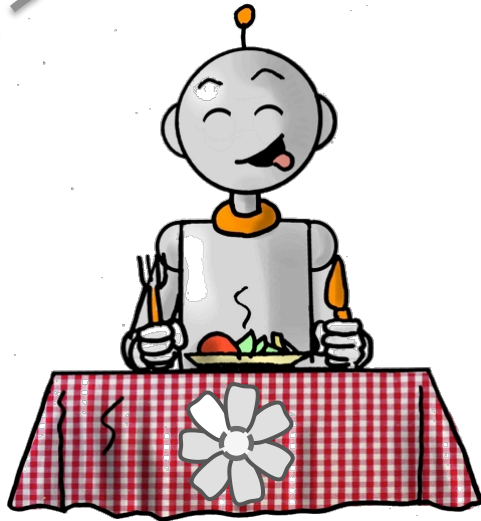
Pas nécessaire !

Matières grasses



Un peu !

Boissons



1 litre et demi !