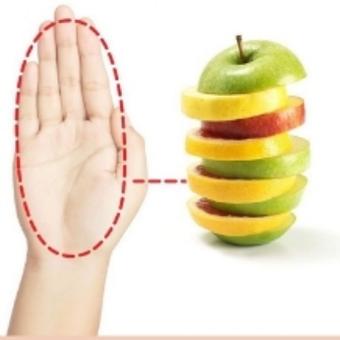


Comment calculer les bonnes portions *AVEC VOS MAINS*

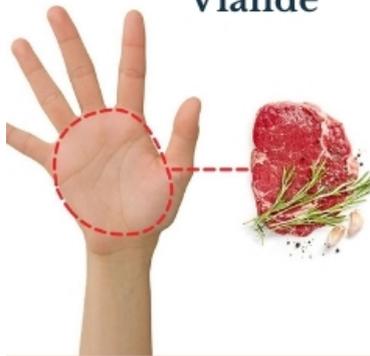
Légumes



Fruits



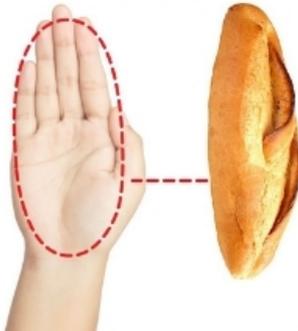
Viande



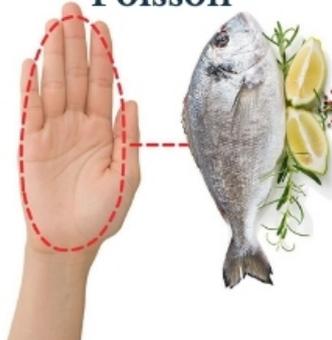
Pâtes



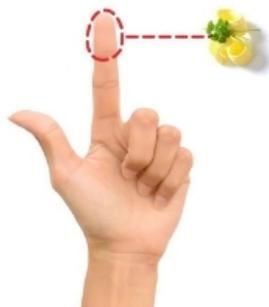
Pain



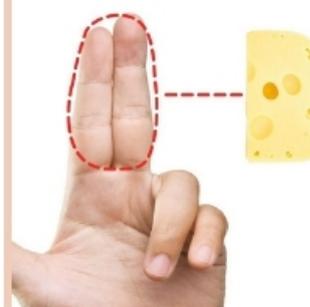
Poisson



Beurre



Fromage



Pâte à tartiner



Crème glacée

