

Comment calculer les bonnes portions *AVEC VOS MAINS*

Légumes



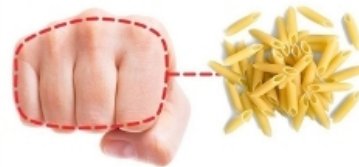
Fruits



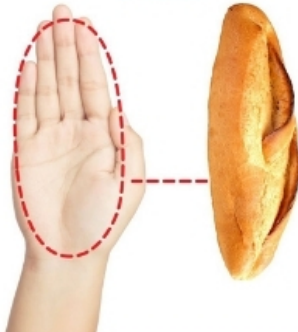
Viande



Pâtes



Pain



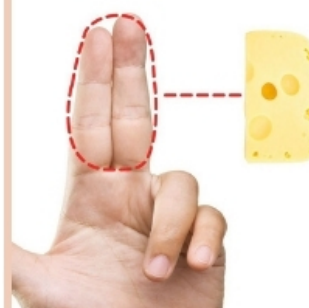
Poisson



Beurre



Fromage



Pâte à tartiner



Crème glacée

