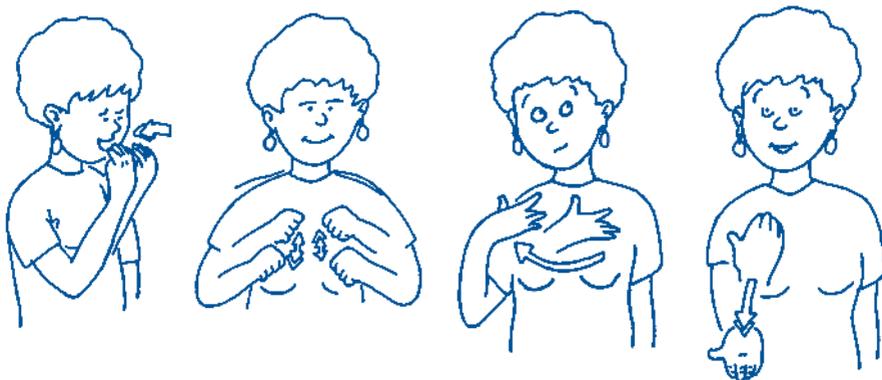
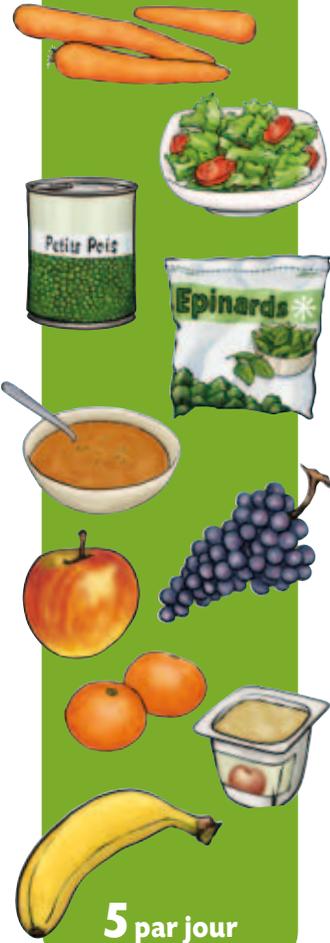


Manger bouger c'est la santé !



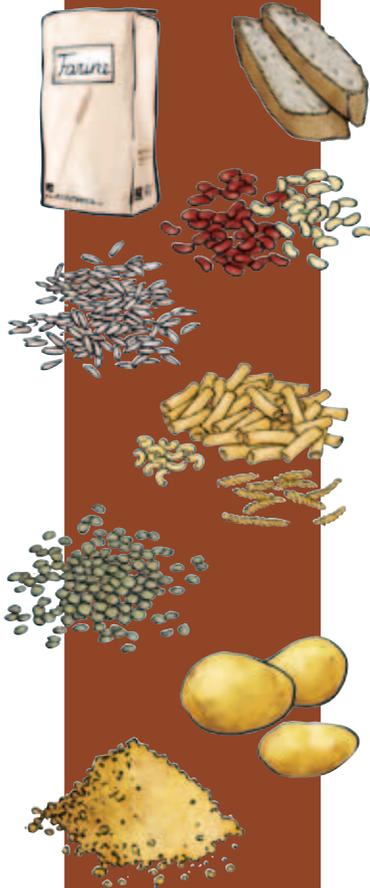
Manger,

FRUITS ET LÉGUMES



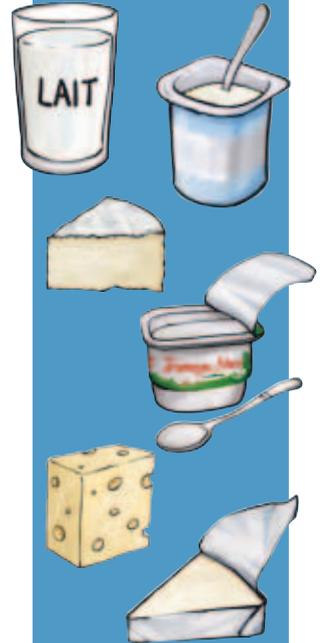
5 par jour

CÉRÉALES, FÉCULENTS



À chaque repas

LAIT, YAOURT, FROMAGE



3 par jour



Eau à volonté



bouger c'est la santé !



**VIANDE,
POISSON,
ŒUFS**



1 ou 2 par jour

GRAISSES



Très peu

SUCRÉ



Très peu

SEL



Très peu

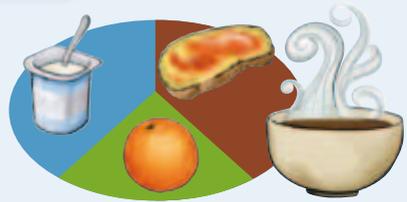


**Limiter
les graisses,
sucres et
sel cachés**

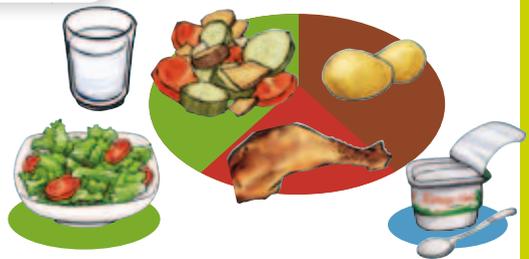
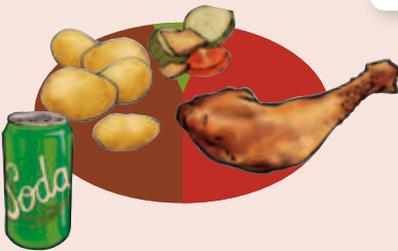




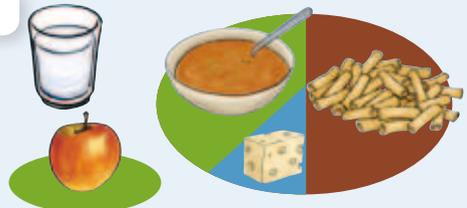
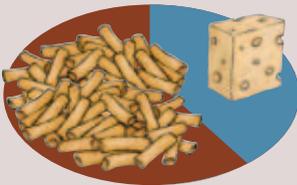
PETIT DÉJEUNER



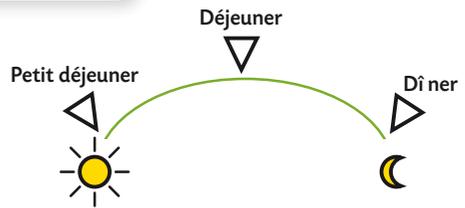
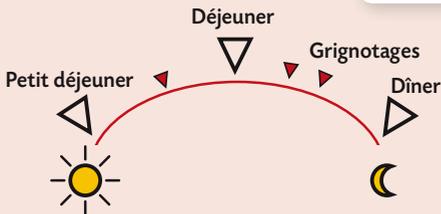
DÉJEUNER



DÎNER



3 REPAS PAR JOUR



BOUGER

