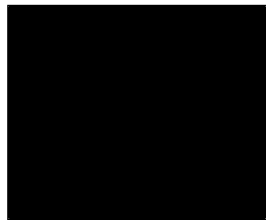
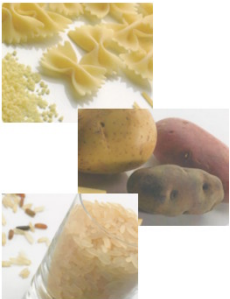


## Les féculents

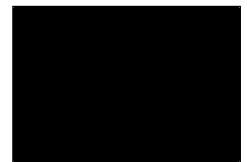
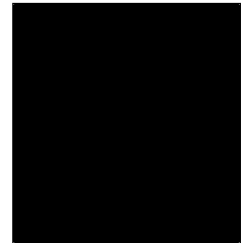
Très gras



Peu gras

## Les matières grasses

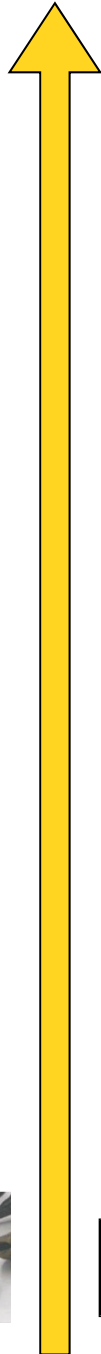
Très gras



Peu gras

Viande, œuf,  
poisson

Très gras



Peu gras

Les repas « rapides »

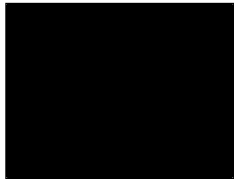
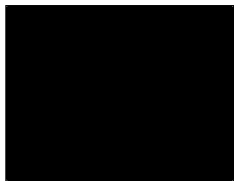
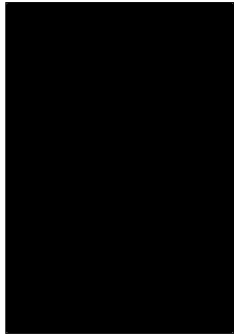
Très gras



Peu gras

# Goûter

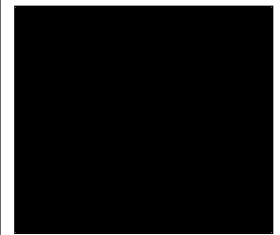
Très gras



Peu gras

# Les fruits et légumes

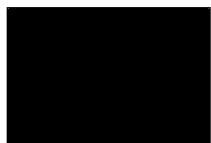
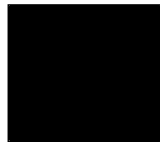
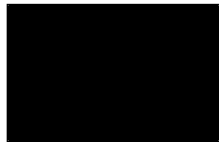
Très gras



Peu gras

## Lait et produits laitiers

Très gras



Peu gras

## Les produits sucrés

Très gras



Peu gras