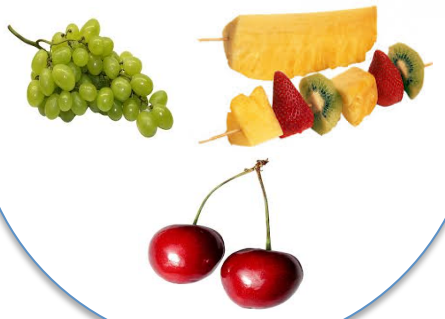



UN REPAS ÉQUILIBRÉ

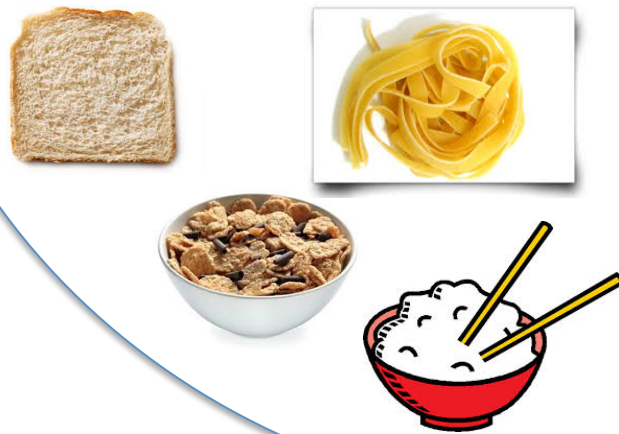
**FRUITS
2 PORTIONS**



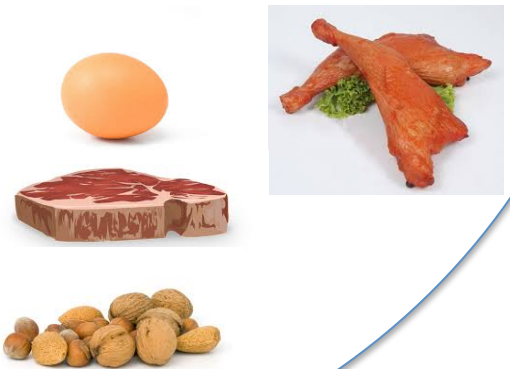
**FRUITS ET LÉGUMES
2 PORTIONS ET PLUS**



**CÉRÉALES
1 À 3 PORTIONS**



**VIANDES ET SUBSTITUTS
1 PORTION**



**LAIT ET SUBSTITUTS
1 à 2 PORTIONS**

