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L'INTENTION DES
AUTRES ANS ET PLUS

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Légumes et fruits
Choisissez plus souvent
des légumes vert foncé
ou orange et des fruits
orange.

Produits laitiers
Choisissez de préférence
des produits
laitiers moins gras.

Vianes et substituts
Choisissez de préférence
viandes, volailles et
poissons plus maigres et
légumineuses.

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rez une variété d'aliments sains

des légumes
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ML Morrison



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