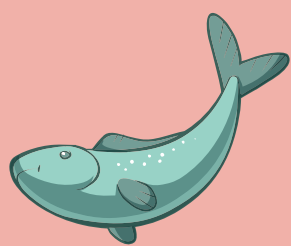


Le Proteine

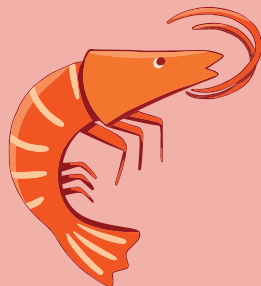
LE PROTEINE ANIMALI



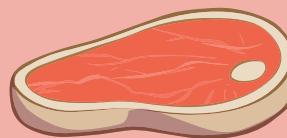
PESCE



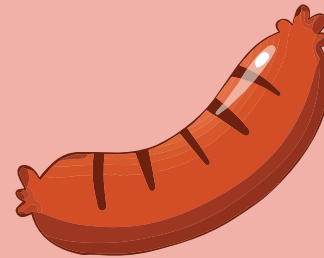
POLPO



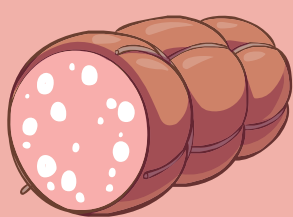
GAMBERO



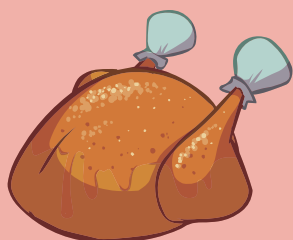
BISTECCA



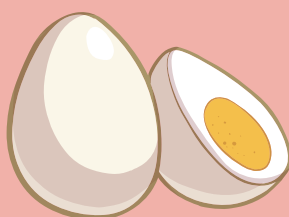
SALSICCIA



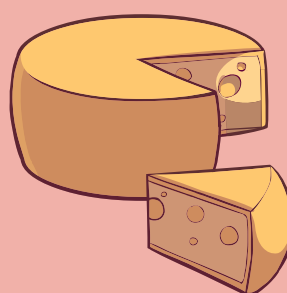
MORTADELLA



POLLO



UOVA

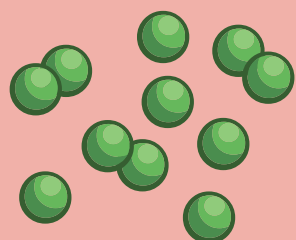


FORMAGGIO

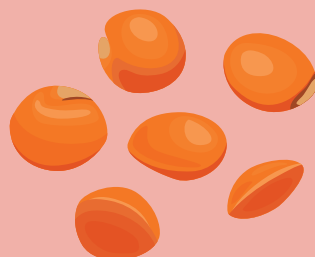


MOZZARELA

LE PROTEINE VEGETALI



PISELLI



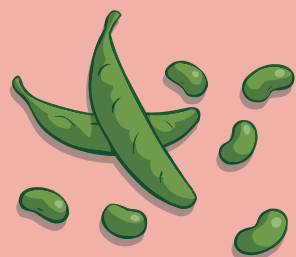
LENTICCHIE



CECI



FAGIOLI



FAVE



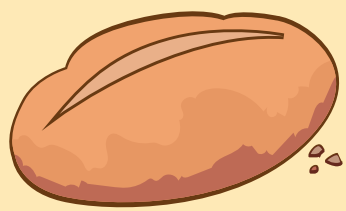
SEMI



FRUTTA SECCA



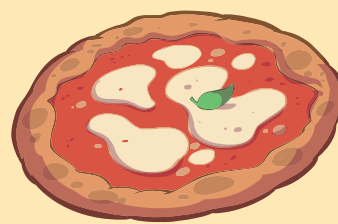
I Carboidrati



PANE



SCHIACCIATA



PIZZA



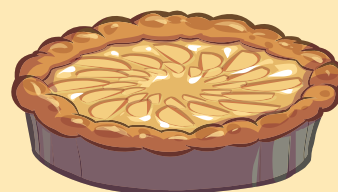
PASTA



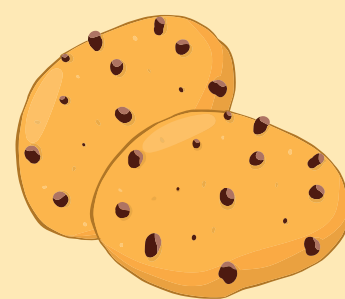
RISO



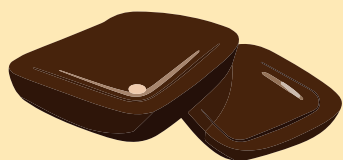
PATATE



TORTA



BISCOTTI



CIOCCOLATO

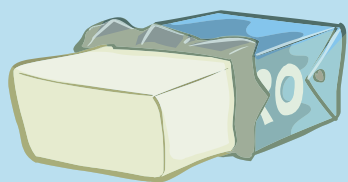


ZUCCHERO

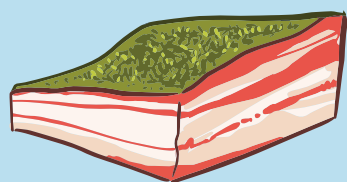


I Lipidi

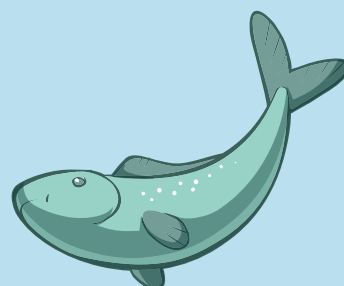
GRASSI ANIMALI



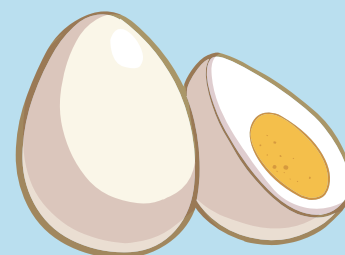
BURRO



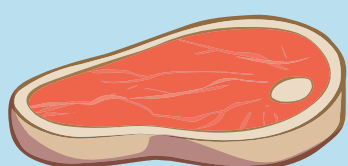
LARDO



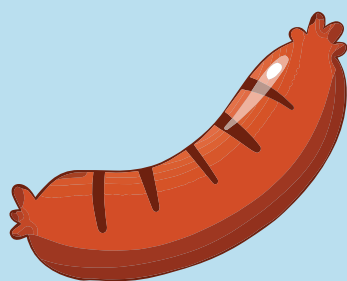
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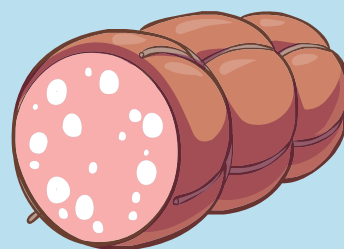
UOVA



BISTECCA



SALSICCIA



MORTADELLA

GRASSI VEGETALI



OLIO

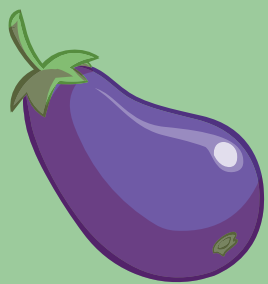


FRUTTA SECCA



Le Vitamine

FRUTTA



MELANZANA



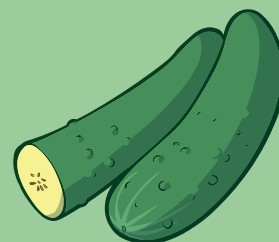
CAROTA



CAVOLFIORE



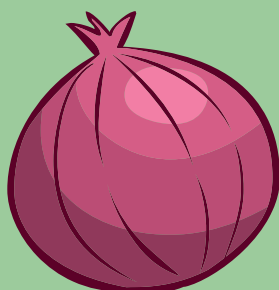
ASPARAGI



CETRIOLI



FAGIOLINI



CIPOLLA



BARBABIETOLA
ROSSA

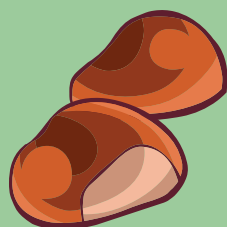


FINOCCHIO



CAVOLETTI DI
BRUXELLES

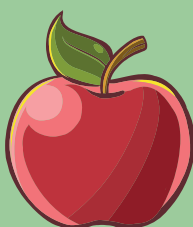
VERDURA



CASTAGNA



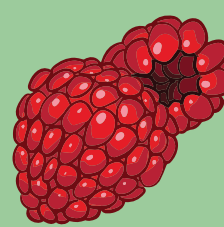
ARANCIA



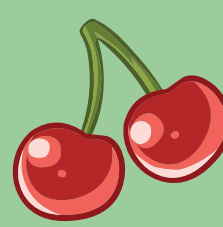
MELA



ANGURIA



LAMPONE



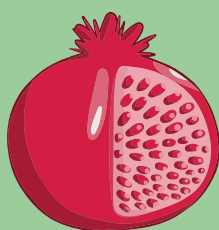
CILIEGIA



UVA



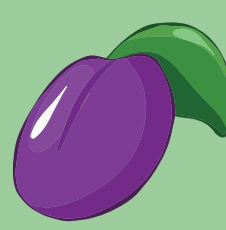
LIMONE



MELOGRANO



MELONE



PRUGNA



la piramide alimentare

CONSUMO AL MINIMO
CARNE ROSSA, INSACCATI

CONSUMO AL MINIMO
DOLCIUMI, BEVANDE GASSATE,
FRITTURA, CONDIMENTI

2 PORZIONI SETTIMANALI
FORMAGGI

1/2 PORZIONI SETTIMANALI
UOVA, TUBERI, RADICI

MAX 3 PORZIONI SETTIMANALI
CARNE BIANCA,
MAIALE MAGRO, AGNELLO,
CONIGLIO, ANATRA

3/4 PORZIONI SETTIMANALI DI PESCE
ALICI, SARDE, CALAMARI,
MERLUZZO, GAMBERI, ECC.

1 PORZIONE AL GIORNO
FRUTTA SECCA, SEMI
1/2 PORZIONI AL GIORNO
LATTE E YOGURT

4/5 PORZIONI
SETTIMANALI DI LEGUMI
FAGIOLI, LENTICCHIE,
PISELLI, CECI, SOIA, FAVE

3/5 PORZIONI AL GIORNO
DI CEREALI
GRANO, MAIS,
FARRO, ORZO,
SORGO, MIGLIO,
GRANO SARACENO,
QUINOA,
RISO PARBOILED.
PREFERIRE
CEREALI
INTEGRALI

UTILIZZO GIORNALIERO
OLIO E.V.O.

3/5 PORZIONI AL
GIORNO DI FRUTTA
E VERDURA
MEGLIO SE DI
STAGIONE
VARIANDO COLORI
E CONSISTENZE

ACQUA: assunzione giornaliera adeguata. SALE: moderarne sempre l'utilizzo nei pasti.
FAVORIRE: convivialità, biodiversità e stagionalità, prodotti locali ed ecologici.

