
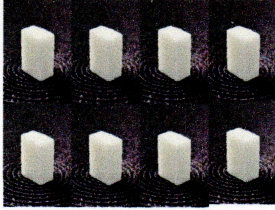


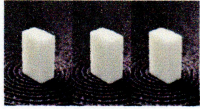


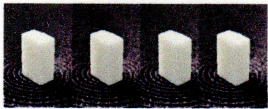

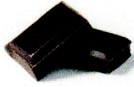
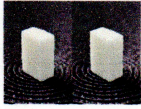


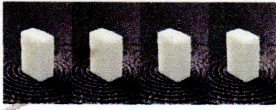


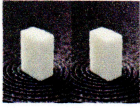


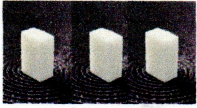


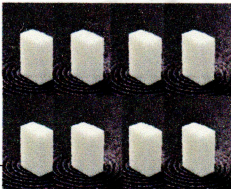


C'EST PARTI POUR MIEUX MANGER !!!

Le saviez-vous ?

ALIMENT	Équivalence en sucre 1 sucre = 5g	Équivalence en huile 1 cuillère à café = 5g
1 barre chocolat fourrée au caramel 	8 sucres 	2 cuillères 
2 petites barres fourrées au lait 	3 sucres 	2 cuillères 
1 cuillère à soupe de pâte à tartiner au chocolat 	4 sucres 	2 cuillères 
1 barre de chocolat à croquer 	2 sucres 	2 cuillères 
1 brioche fourrée 	4 sucres 	1 cuillère 
2 biscuits secs 	2 sucres 	1 cuillère 
1 petit paquet de céréales soufflées au chocolat 	3 sucres 	1/2 cuillère 
1 cannette de soda 	8 sucres 	0 cuillère 