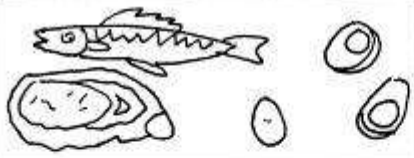
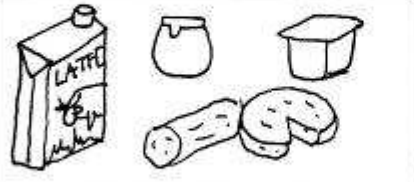

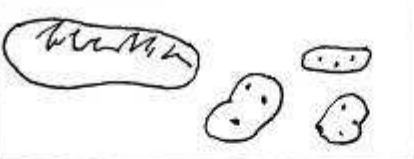










Scuperta di u mondu – ciculu II –
 Amparà à manghjà bè
 Fogliu per a lezziò

Carne, pesci, ove		O	
Latte, prudutti lattaghji		O	
Legumi è frutti		O	
Farinosi, biade		O	
Prudutti inzuccherati		O	
Grassi		O	

Vignette

 calcium	 protidi	 Zuccheri spicci
 Zuccheri attempati	 Grassi	 Zuccheri spicci