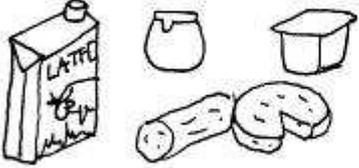
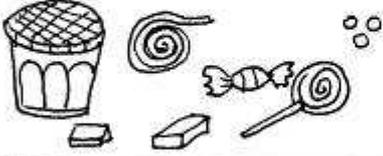


Scuperta di u mondu – ciculu II –  
 Amparà à manghjà bè  
 Fogliu per a lezzìu

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

Vignette

 calcium	 protidi	 Zuccheri spicci
 Zuccheri attempati	 Grassi	 Zuccheri spicci