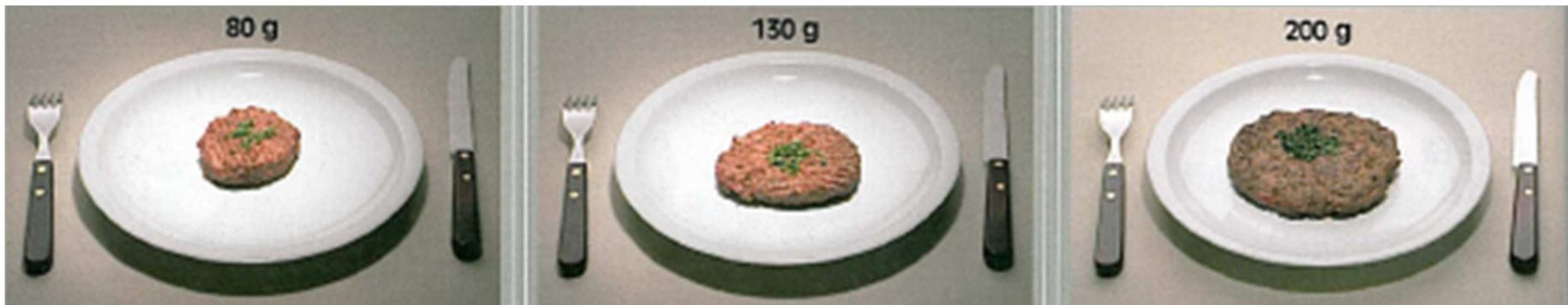
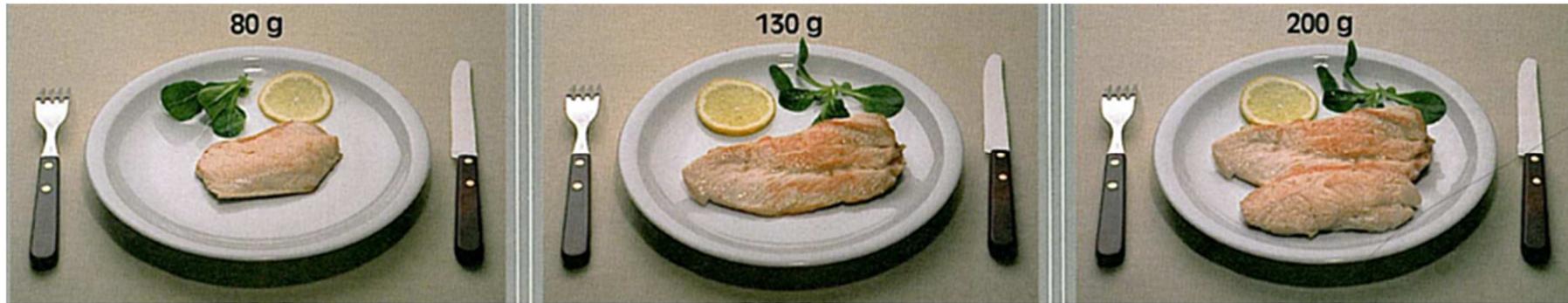




**Voici quelques photos pour aider
vos patients à estimer les quantités**

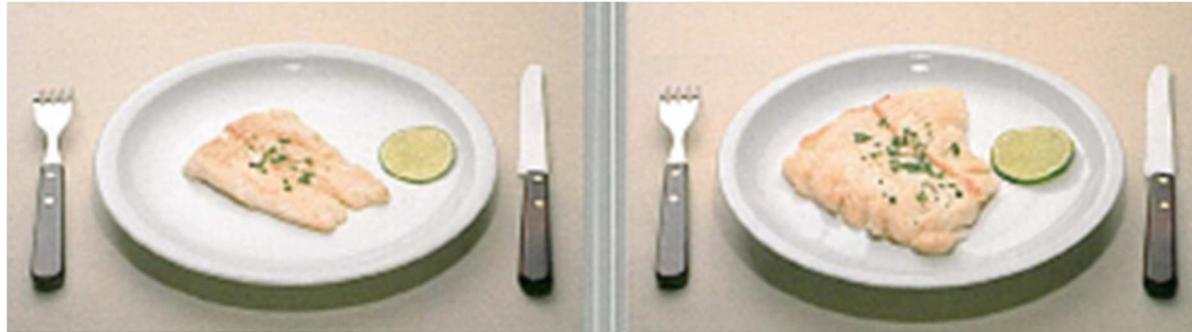
Viande



Poisson

100g

200g



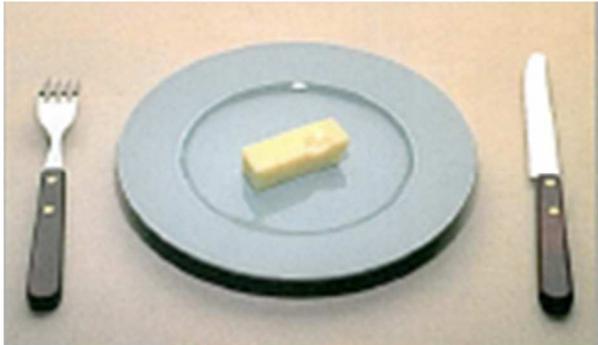
Lait et produits laitiers

- 1 yaourt (125g) = 100g (3 cuillères à soupe) de fromage blanc = 1 verre de lait (125ml) = 2 petits suisses

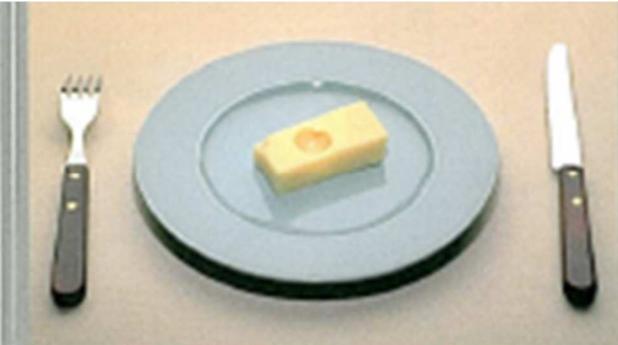


Fromage

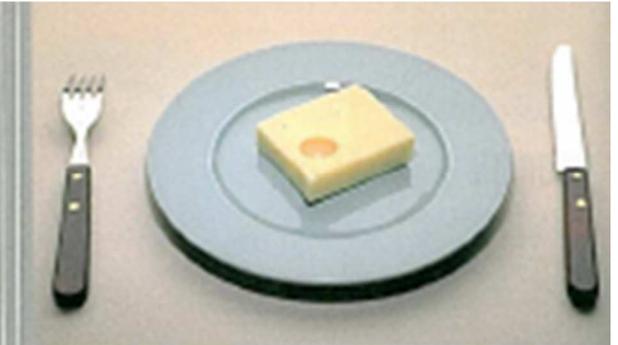
20g



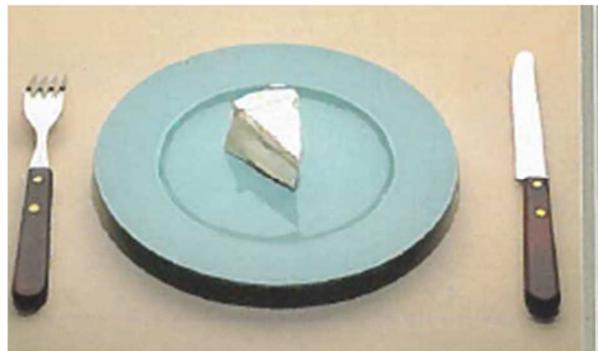
40g



80g



30g



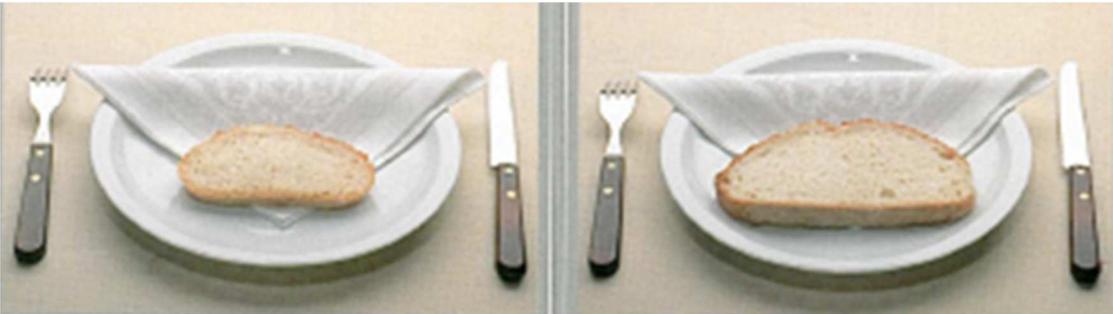
60g



90g

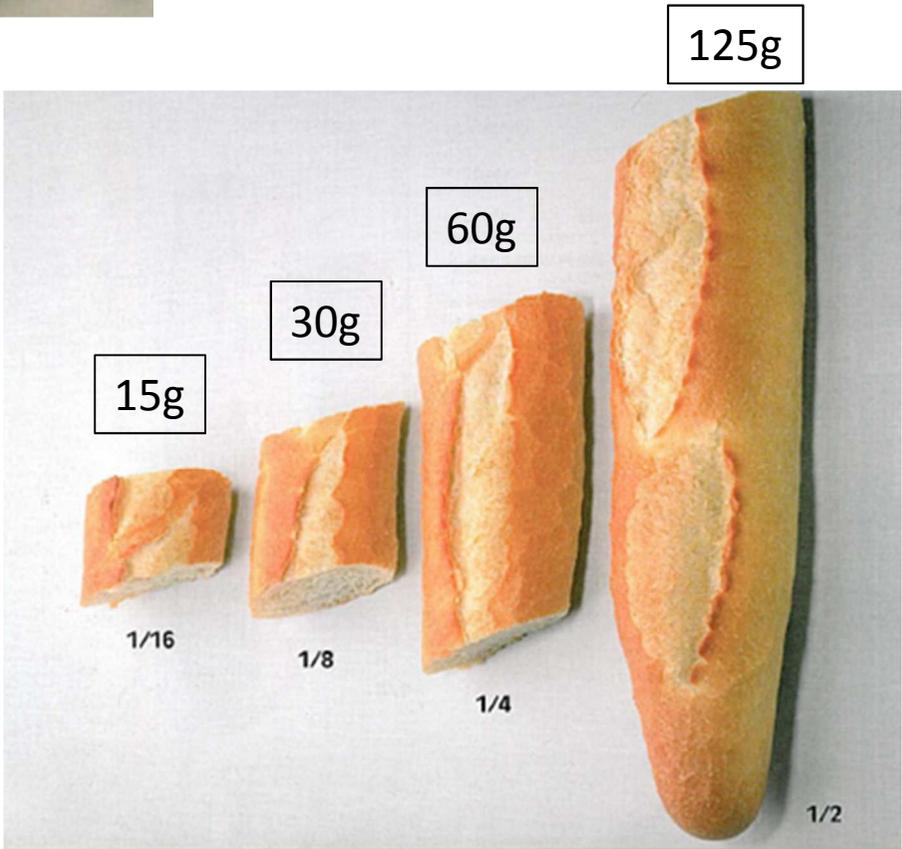


Pain



20g

50g



Légumineuses

100g

150g

200g

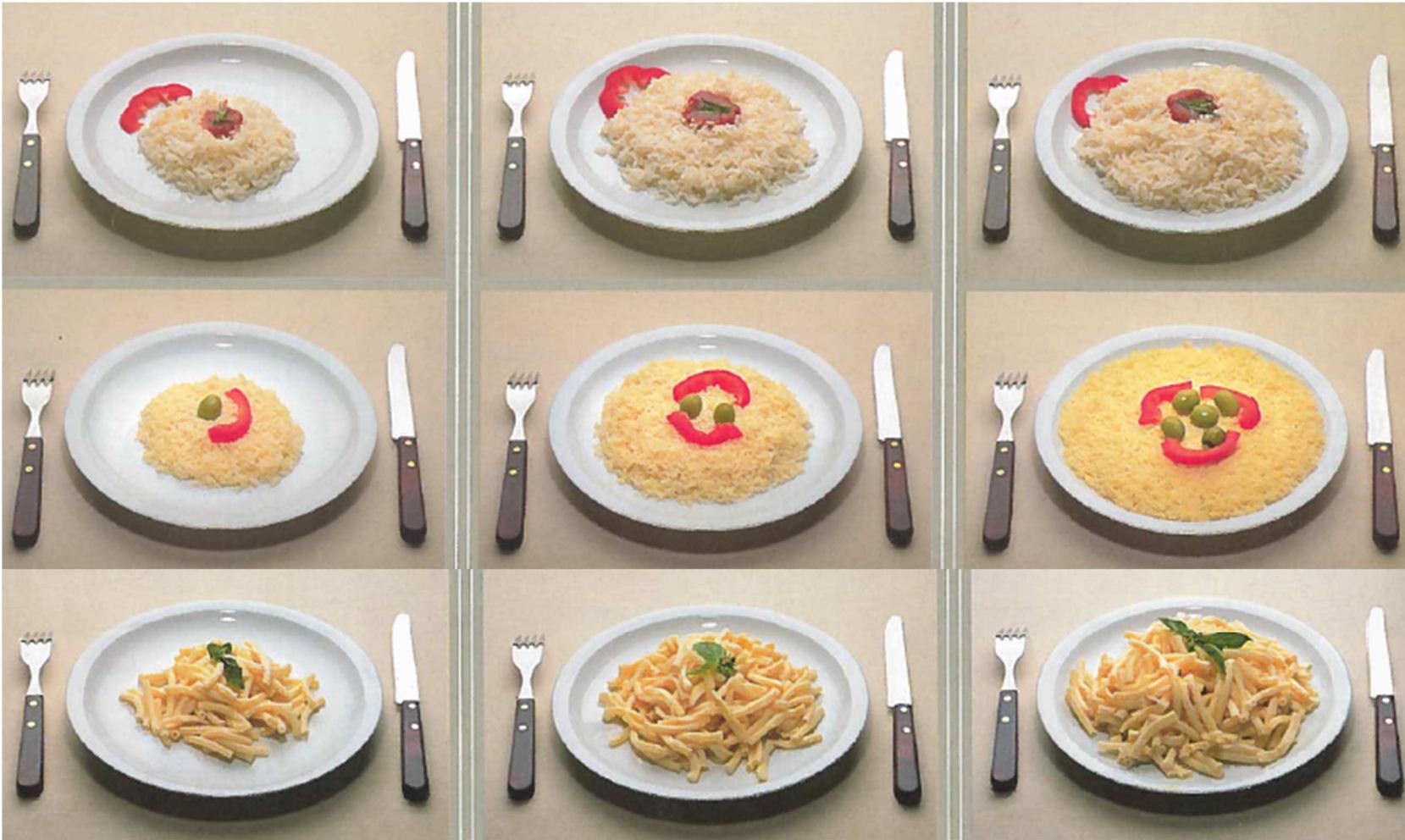


Céréales

100g

200g

300g



Légumes

100g



175g



250g



100g



200g



300g

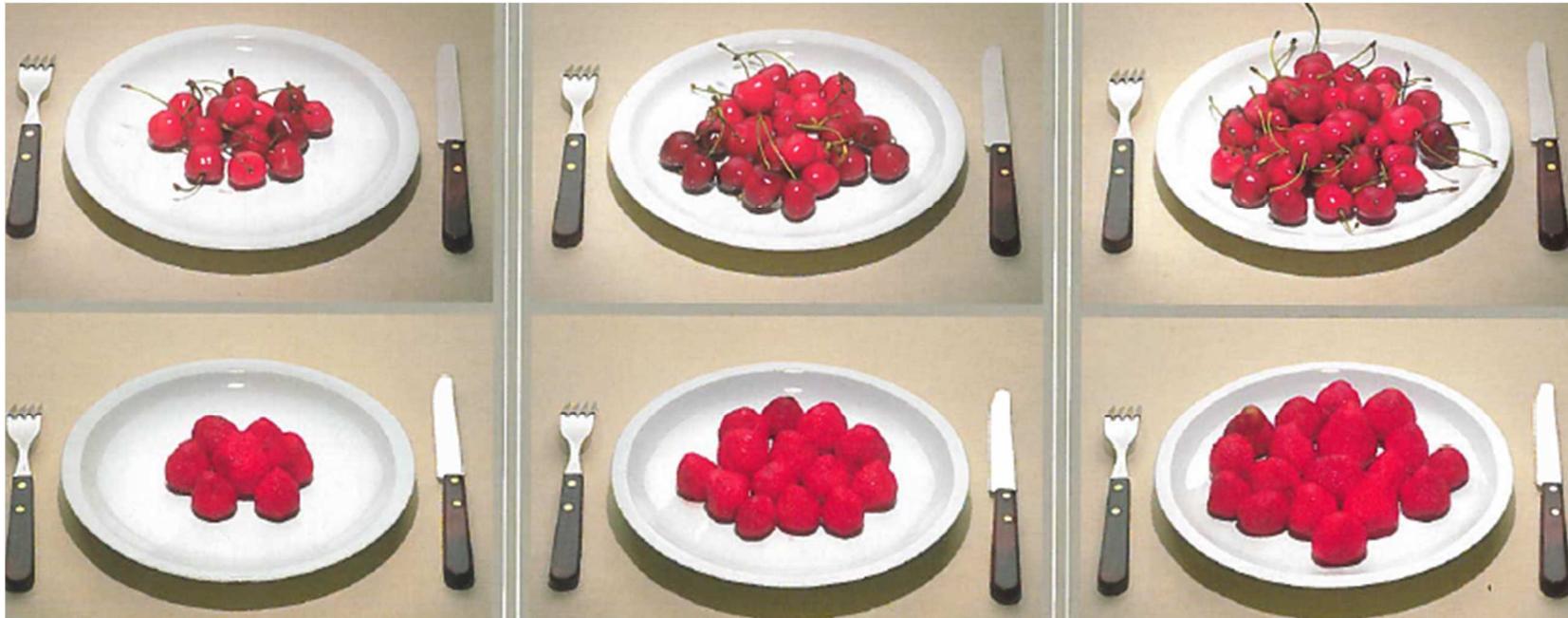


Fruits

100g

200g

300g

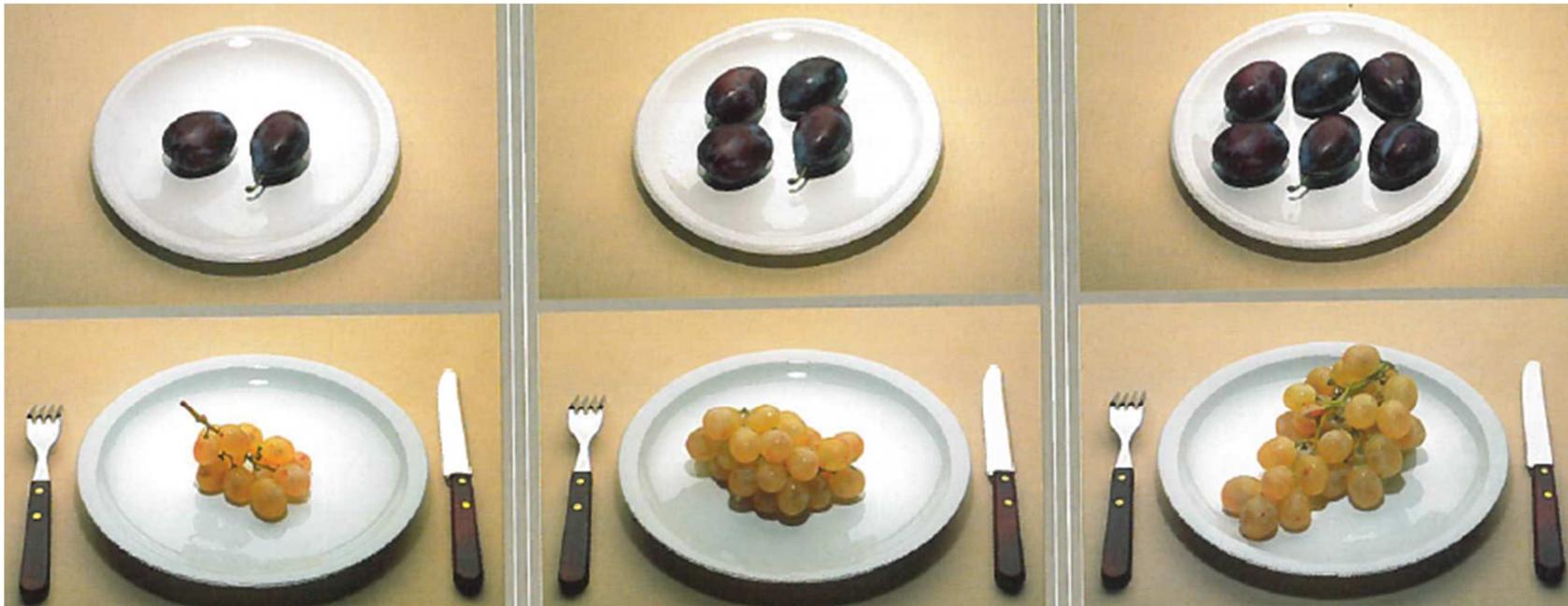


Fruits

80g

140g

200g



75g

175g

265g