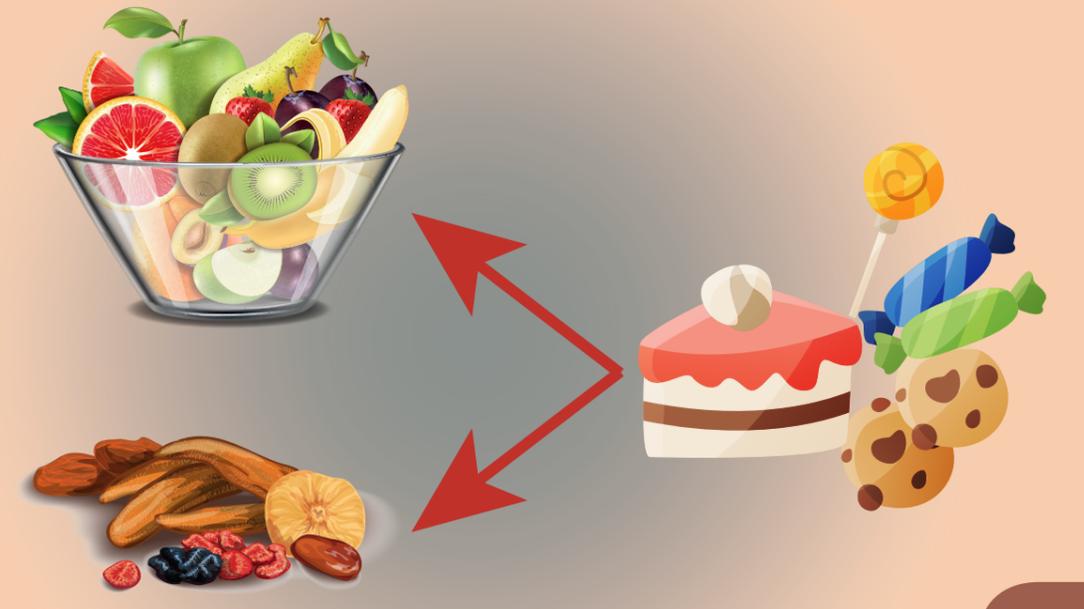
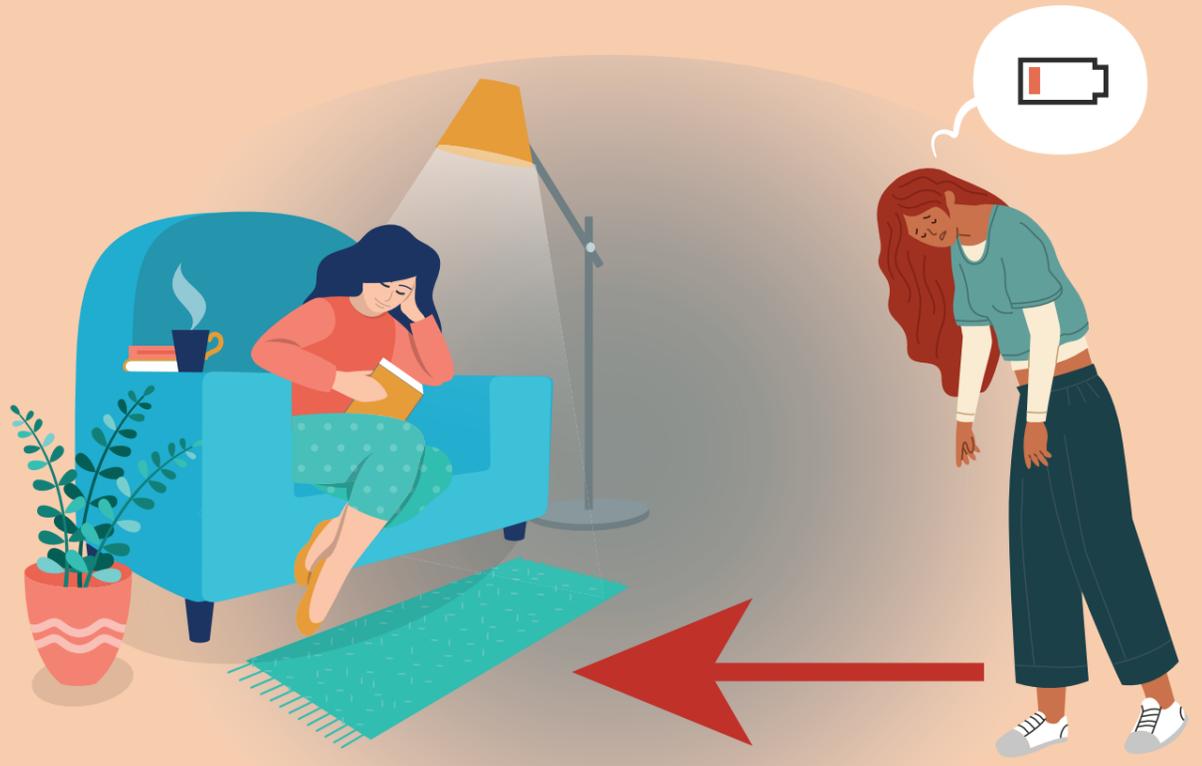
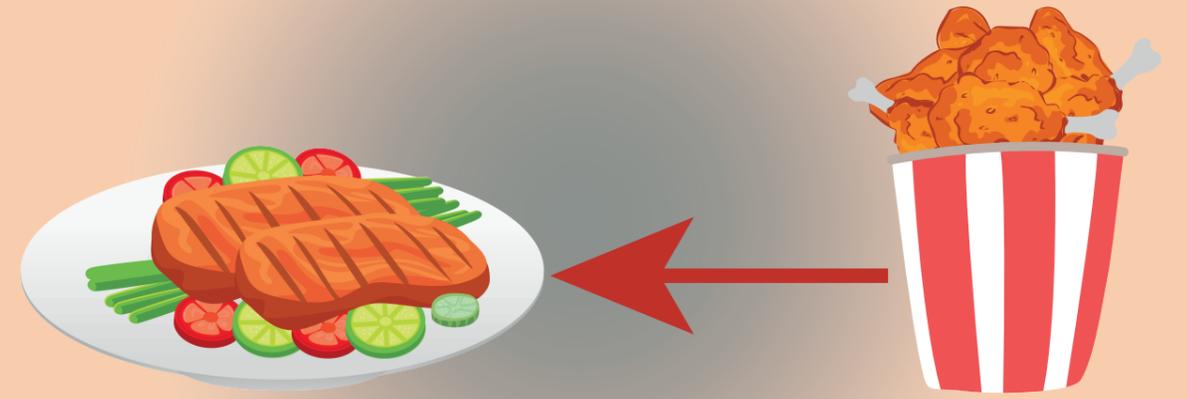
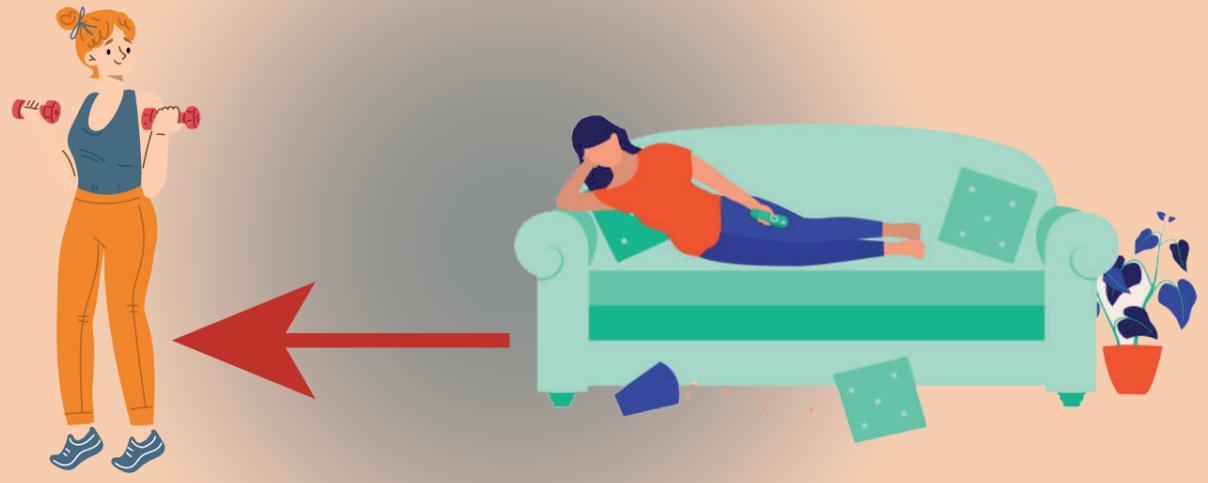
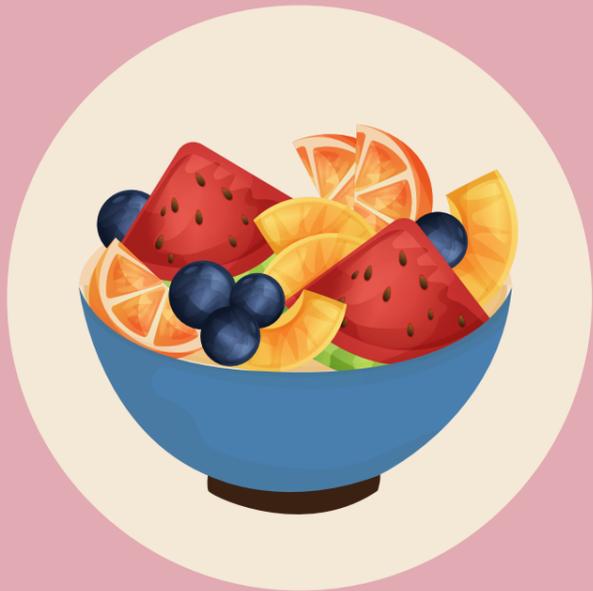


التغذية السيئة





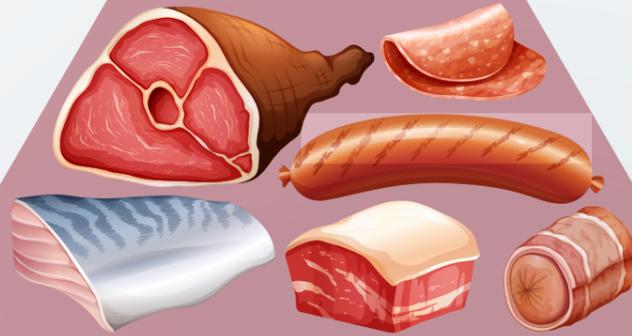
التغذية الجيدة



الدهون الصحيّة
والزيوت النباتيّة
والسكريّات



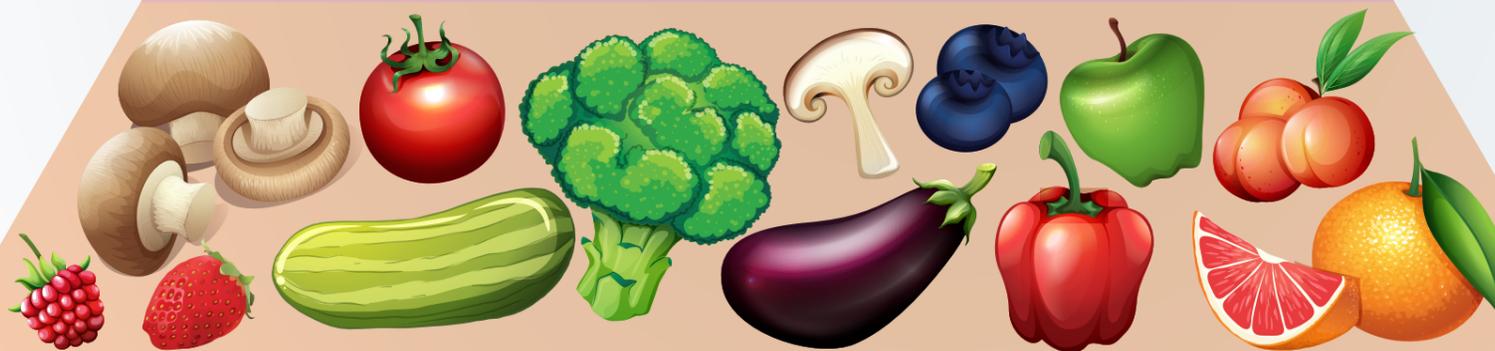
الأسماك
واللحوم



منتجات
الألبان



خضار
وفاكهة



خبز، حبوب
وبطاطا

