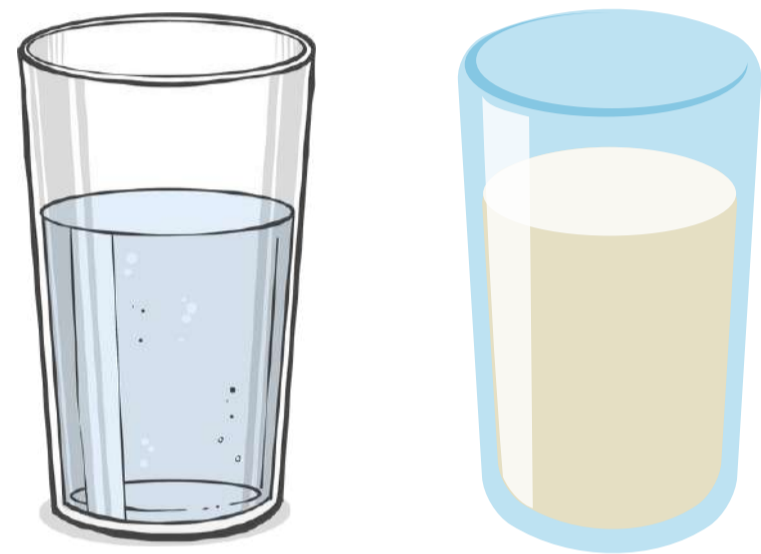
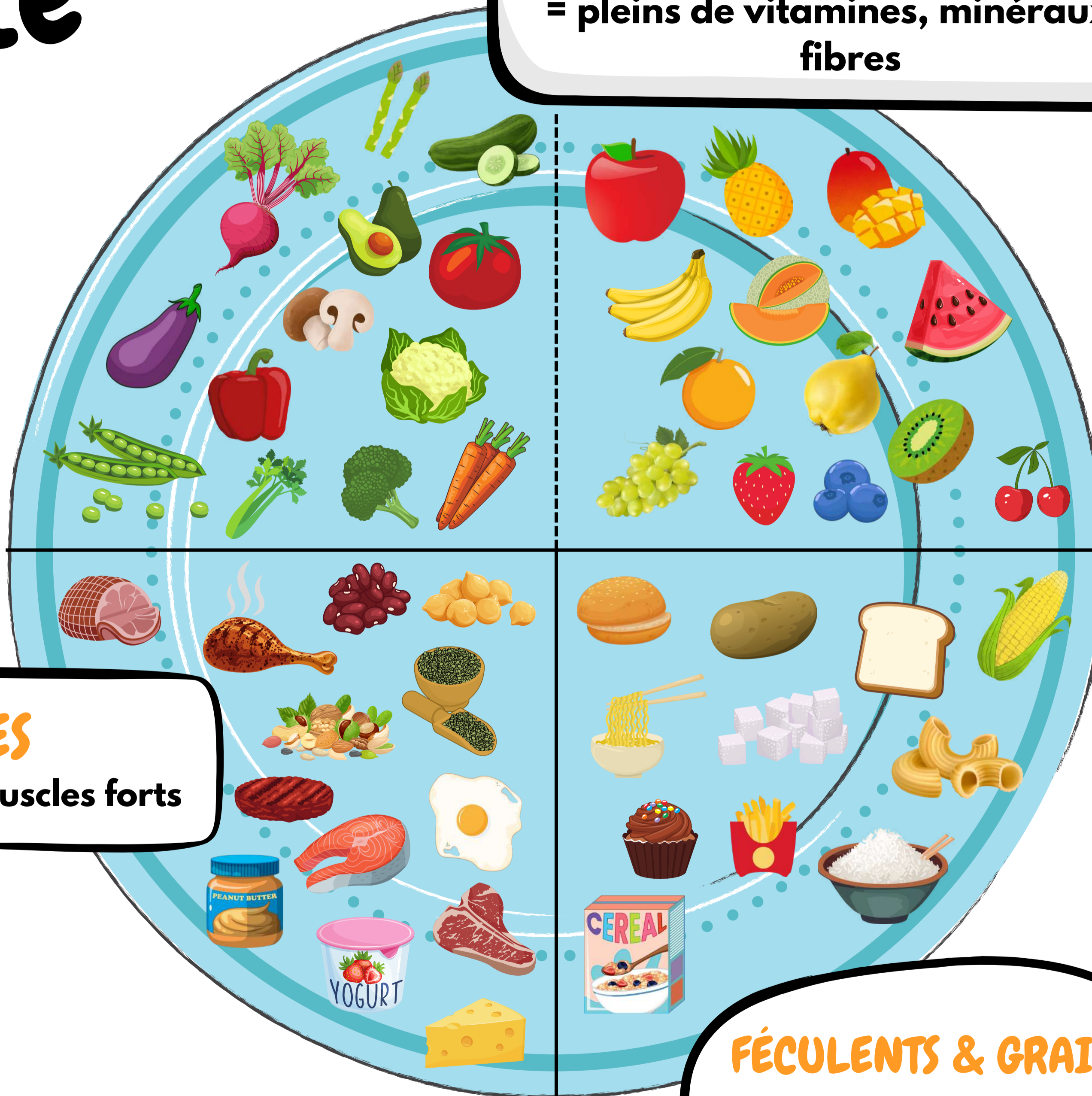


# Napperon santé



eau ou lait

**LÉGUMES & FRUITS**  
= pleins de vitamines, minéraux et fibres



**PROTÉINES**  
= aliments pour des muscles forts

**FÉCULENTS & GRAINS**  
= te donnent de l'énergie et des fibres

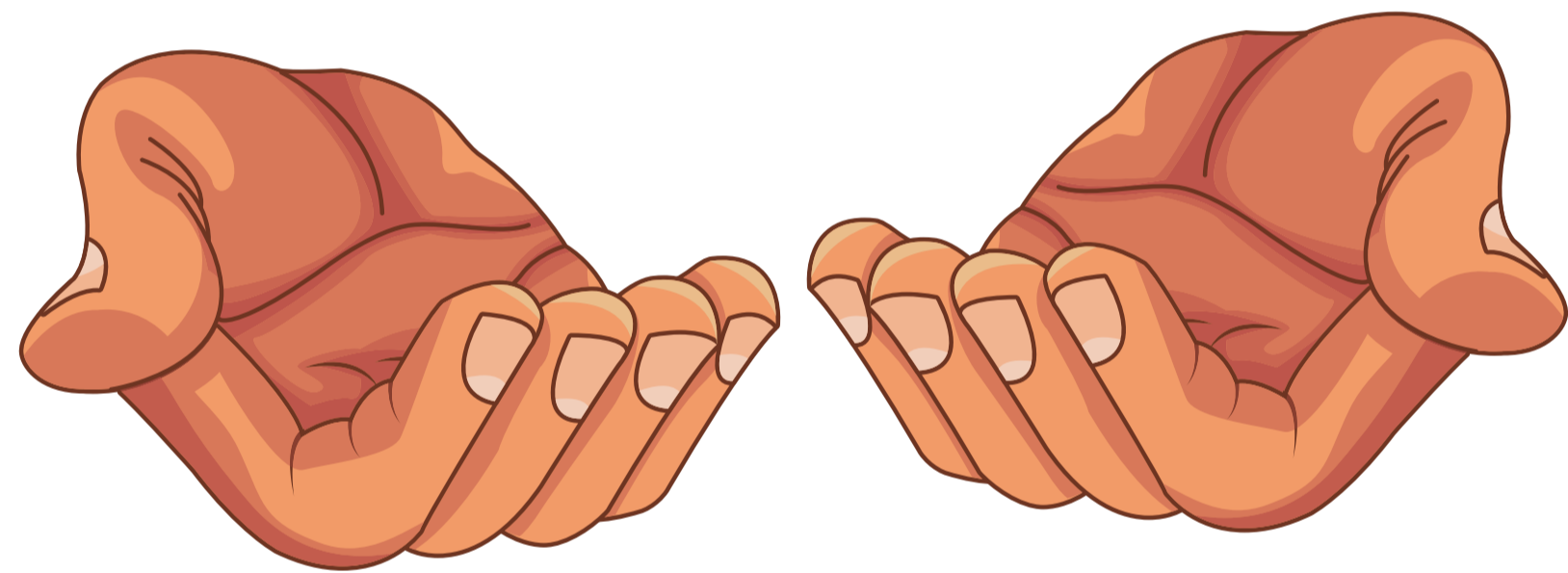




# Tailles des portions

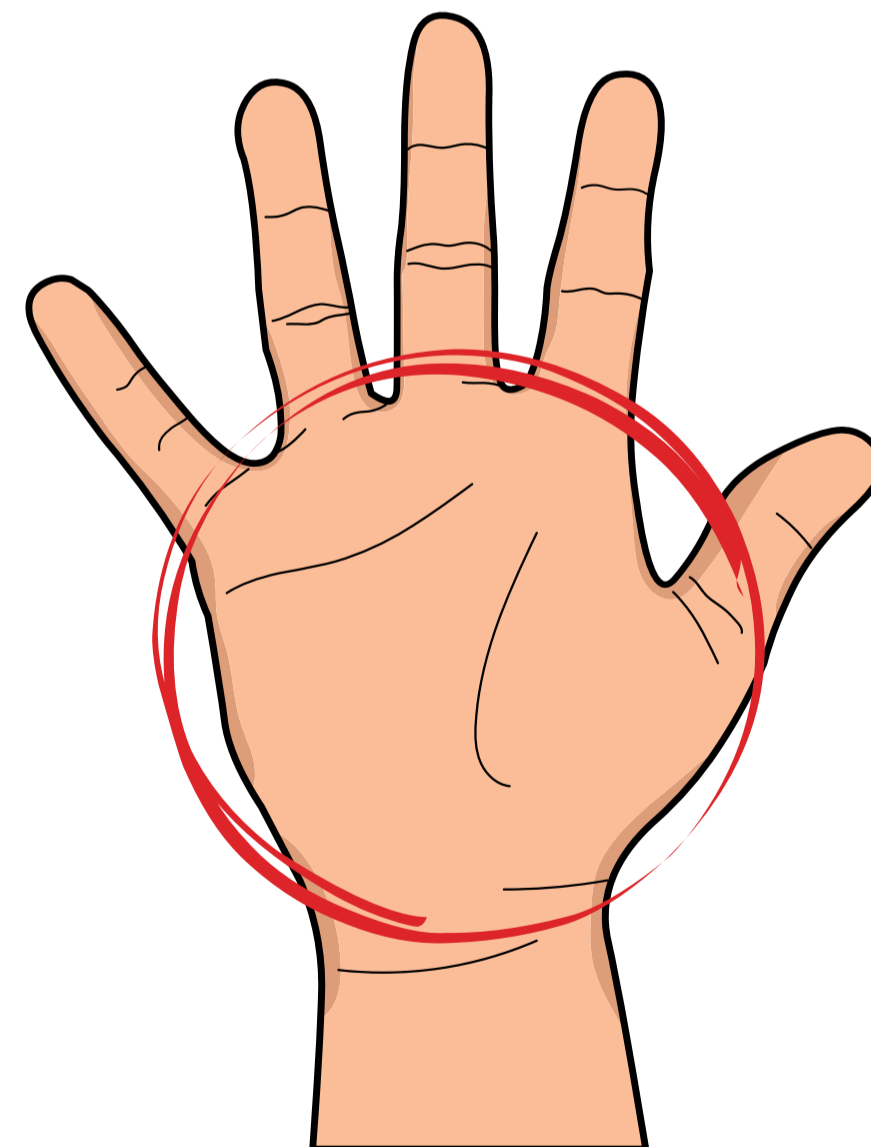


## GUIDE FACILE



**LÉGUMES**

= deux mains pleines



**PROTÉINES**

= paume d'une main



**FÉCULENTS & FRUITS**

= 1 poing