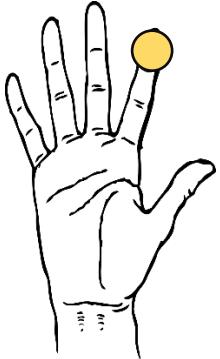
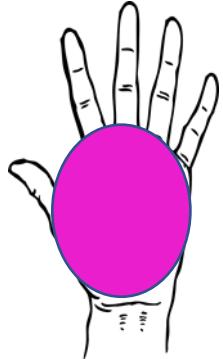


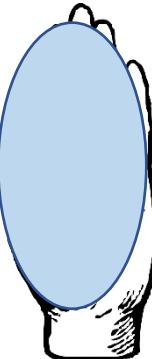
Comment calculer les bonnes quantités ?



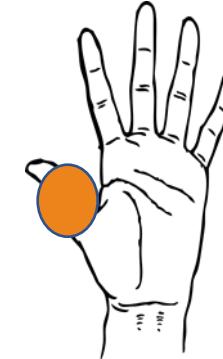
Le beurre = la pulpe de l'index



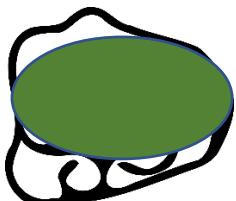
La viande = la surface de la paume de la main



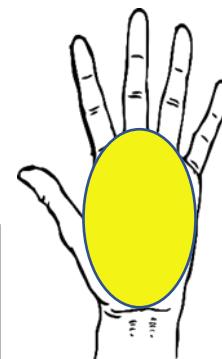
Le poisson = la surface de la main, les doigts joints



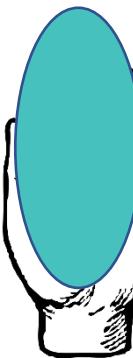
Le fromage = La taille du pouce



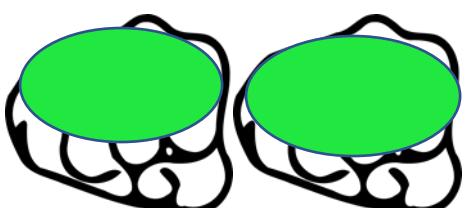
Une petite poignée de fruits



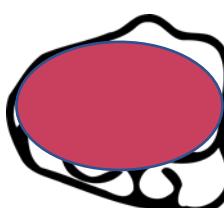
En plus des féculents, la taille du pain ne doit pas dépasser la paume de la main



Le pain consommé comme seul glucide complexe correspond à la taille de la main



Les légumes = 1 ou 2 poignées



Les féculents cuits = 1 poignée

