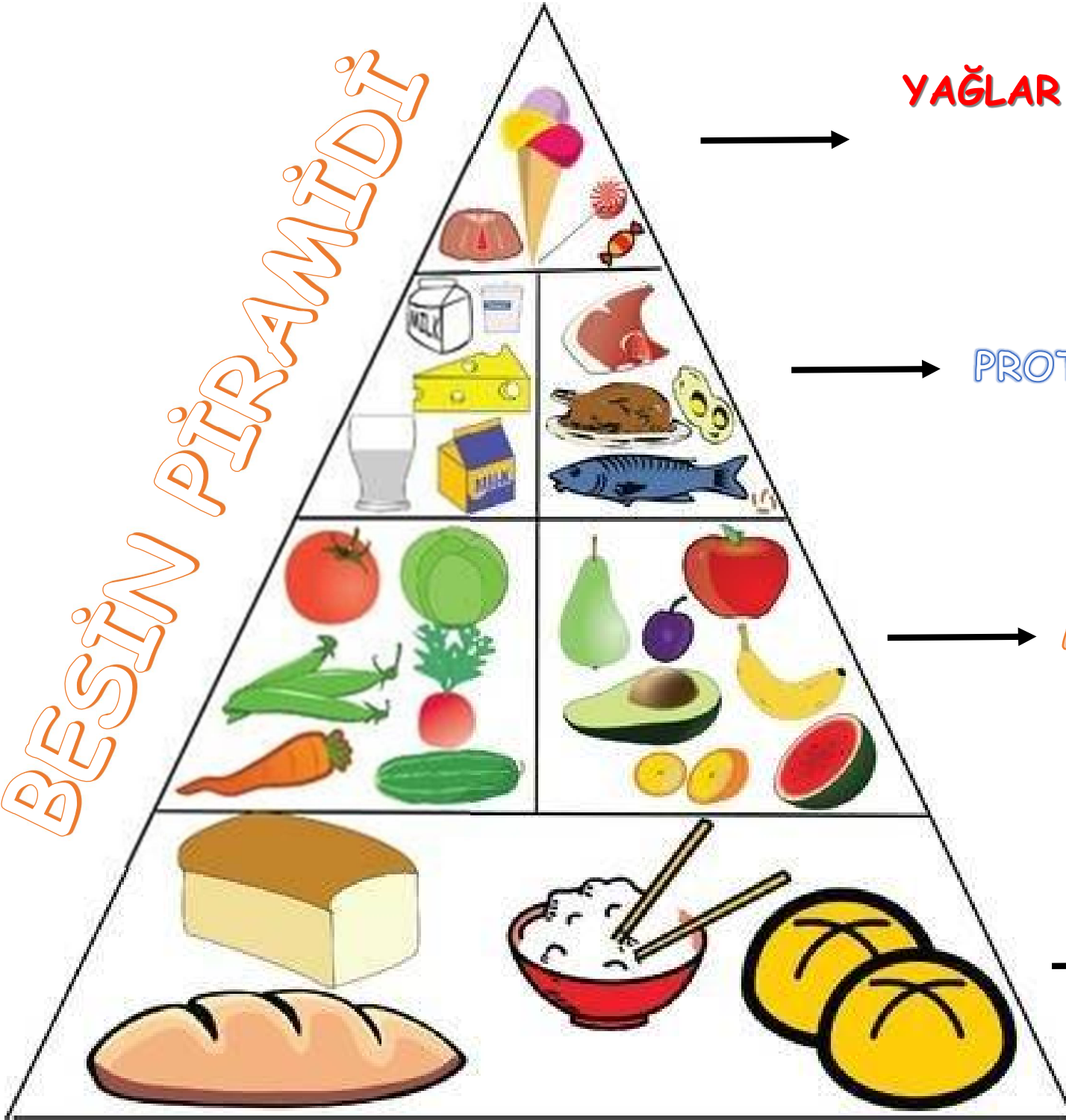


BESİN PİRAMİDİ



YAĞLAR & TATLILAR

PROTEİN & SÜT ÜRÜNLERİ

MEYVELER & SEBZELER

TAHILLAR

BESİNLER TABAĞI

