

Goûters non recommandés ❌



3.3 dl



3.3 dl



2 dl



2.5 dl



15 g



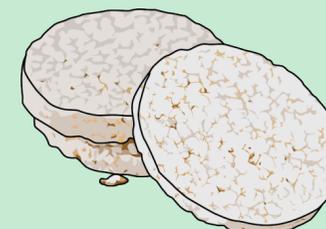
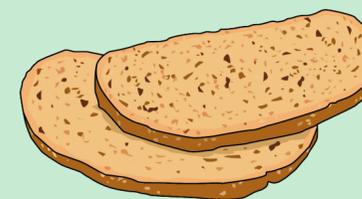
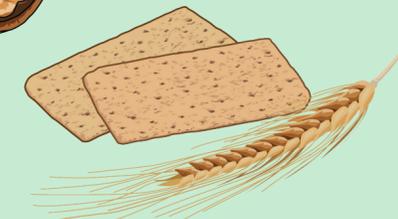
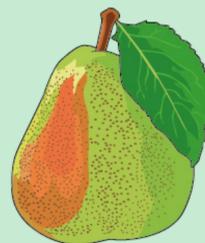
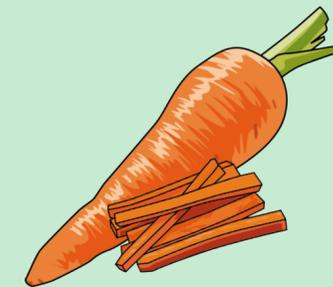
42 g



100 g

 = 1 morceau de sucre (3.7g)
 = 1 cuillère à café d'huile (5g)

Goûters recommandés ✓



Office de l'enfance et de la jeunesse
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