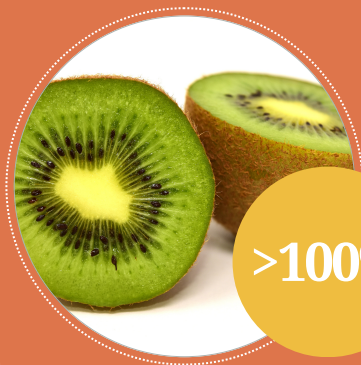


Frutta, verdura e fabbisogno di vitamina C



2 KIWI

>100%



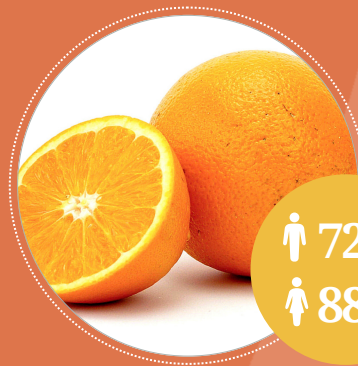
1 PEPERONE
CRUDO

>100%



1 PORZIONE
DI LATTUGA

♂ 45%
♀ 55%



1 ARANCIA

♂ 72%
♀ 88%