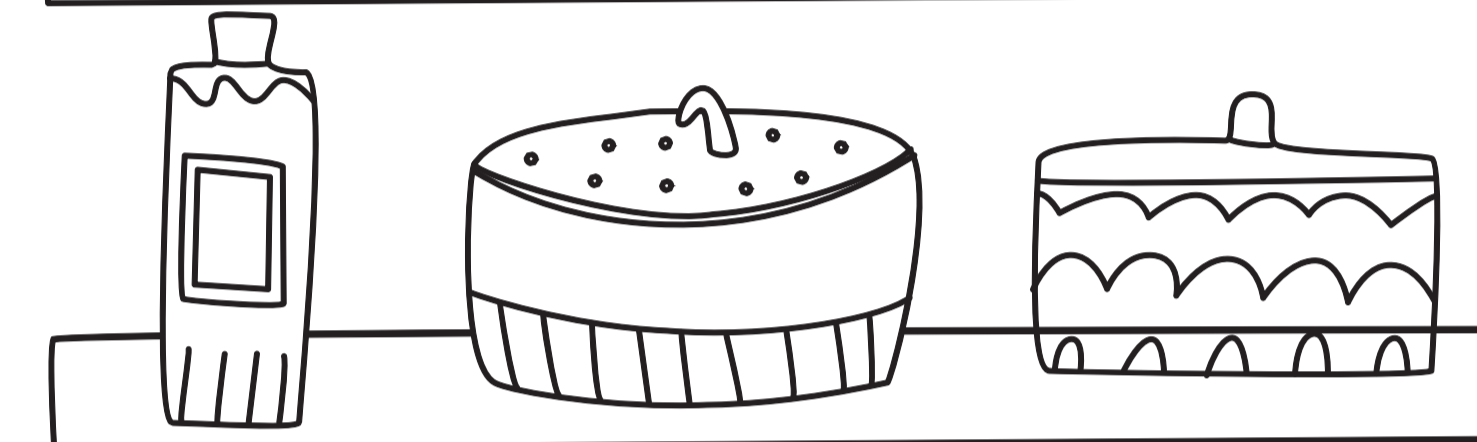
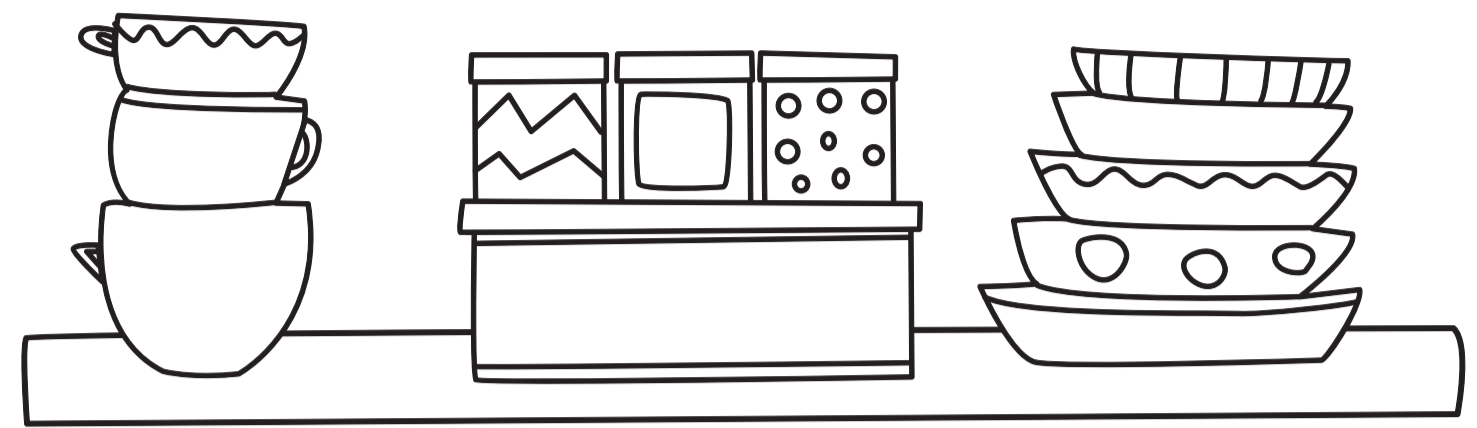
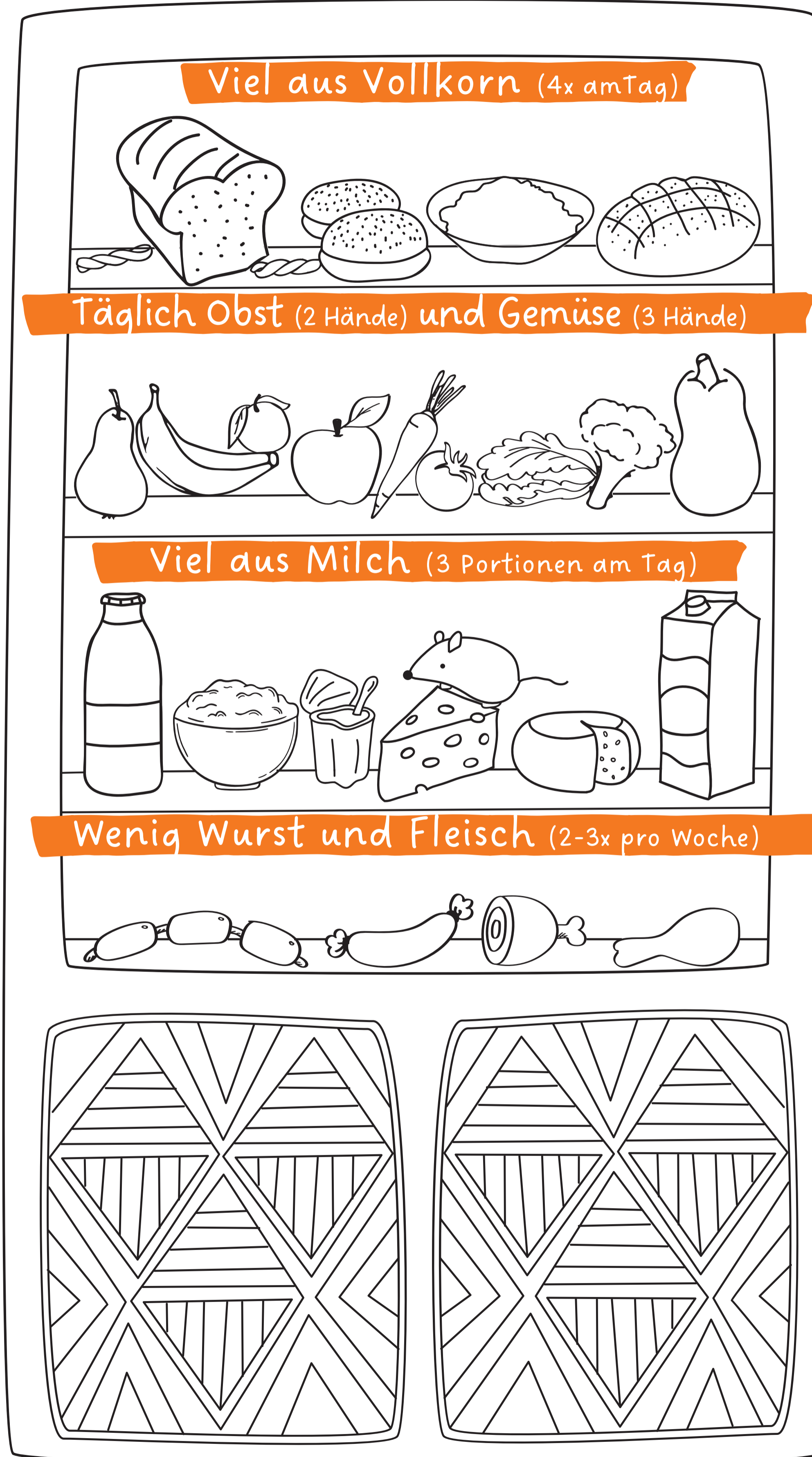
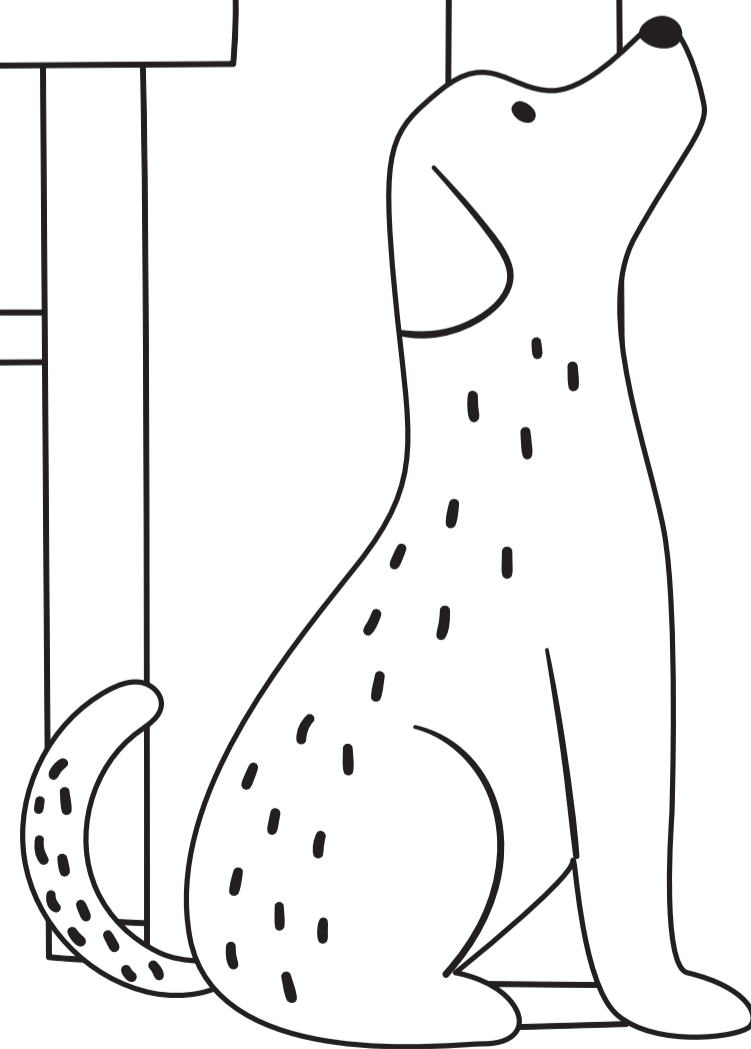
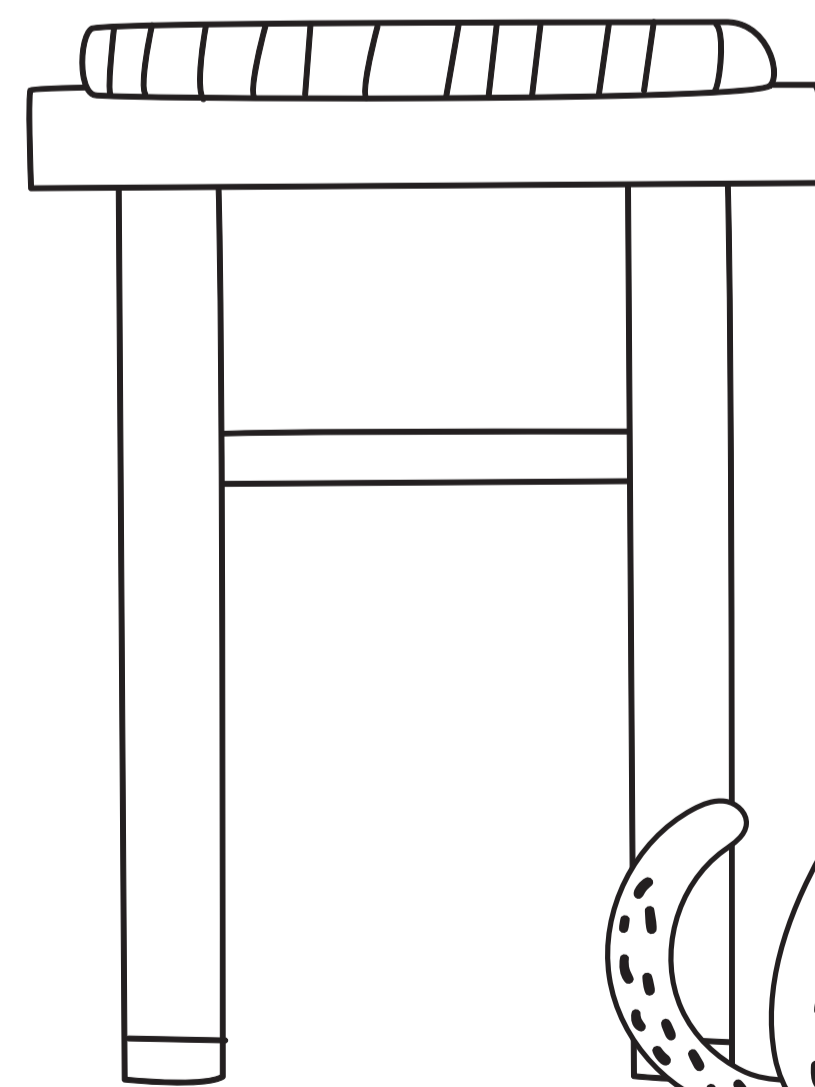
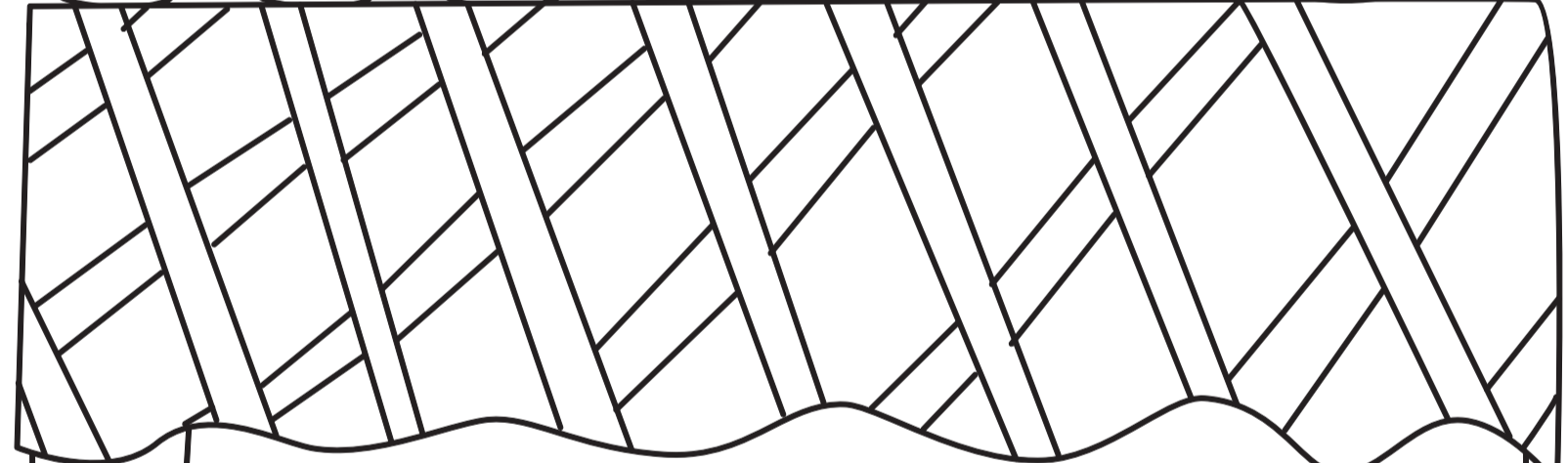
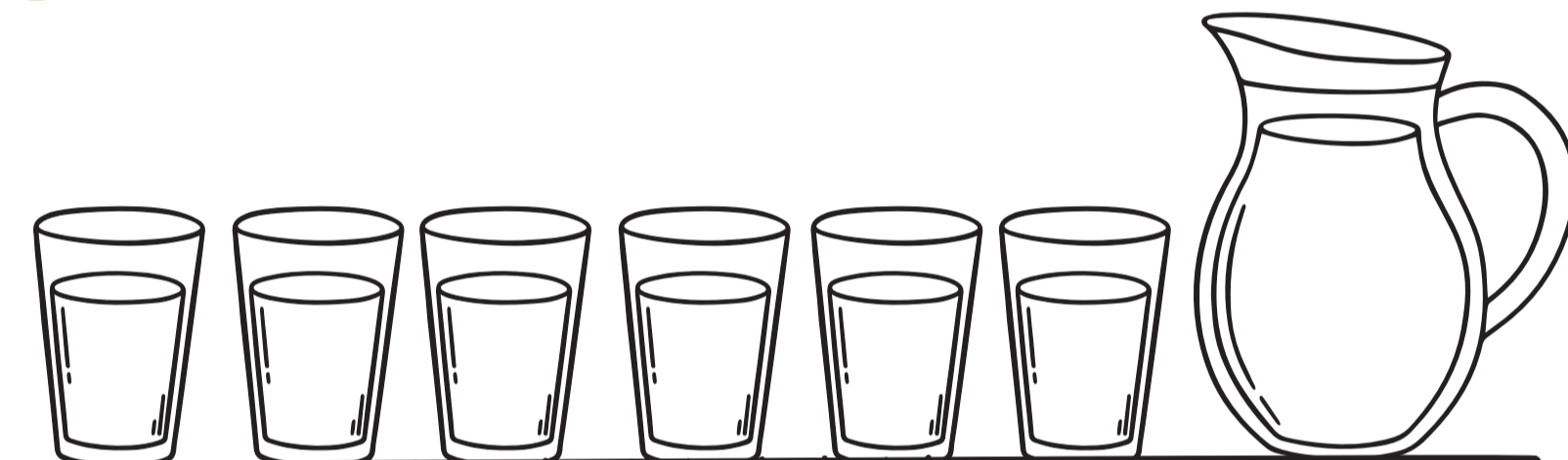


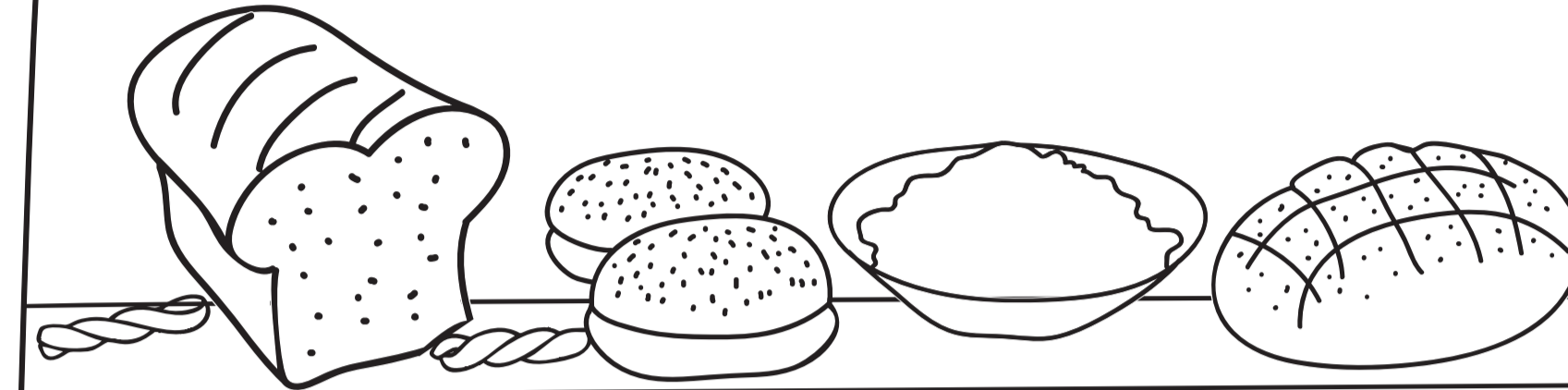
LECKER ESSEN - jetzt zum Ausmalen! 😊



Viel Wasser trinken (6 Gläser am Tag)



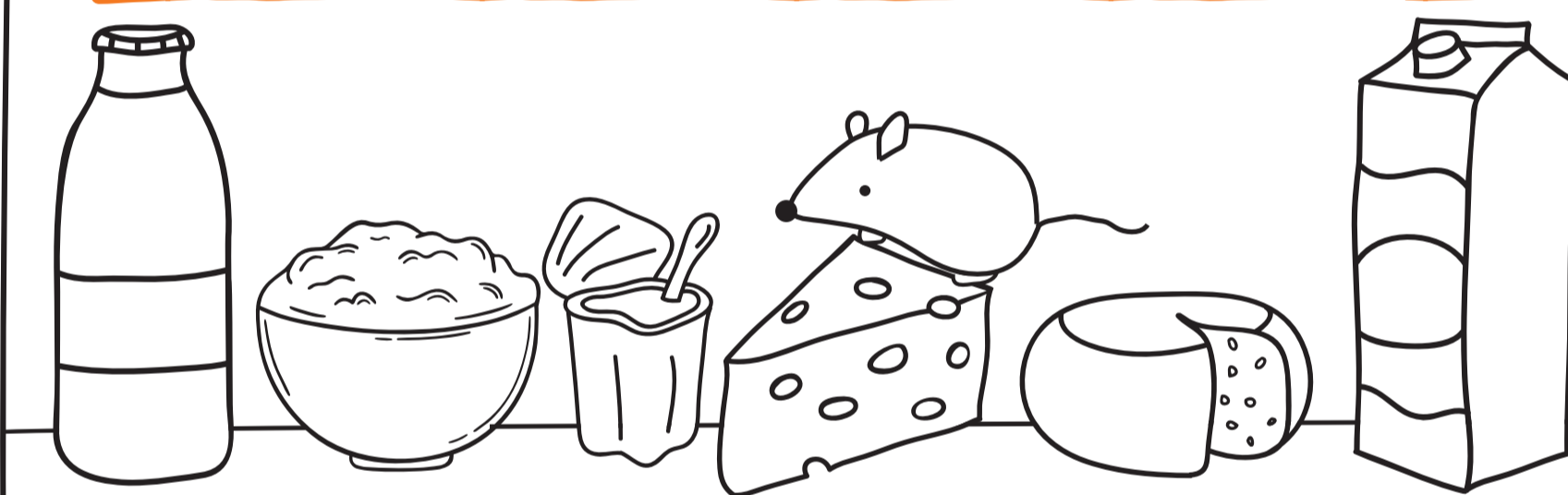
Viel aus Vollkorn (4x am Tag)



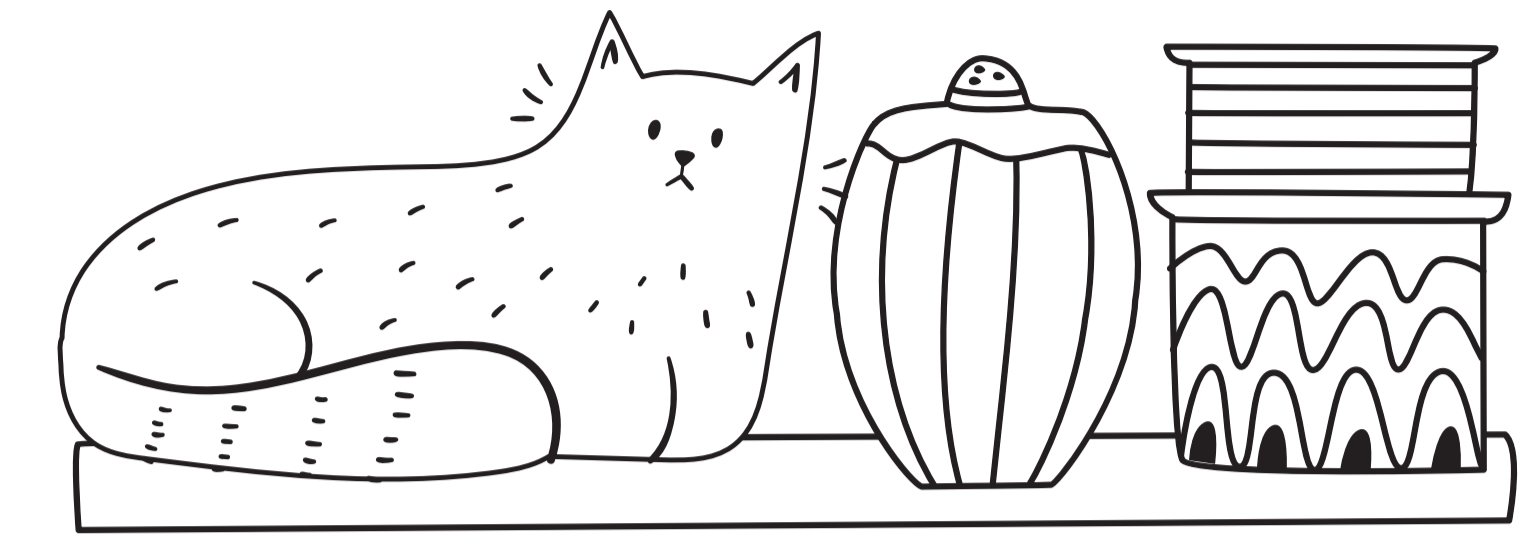
Täglich Obst (2 Hände) und Gemüse (3 Hände)



Viel aus Milch (3 Portionen am Tag)



Wenig Wurst und Fleisch (2-3x pro Woche)



Ganz wenig Zucker (1x am Tag)

