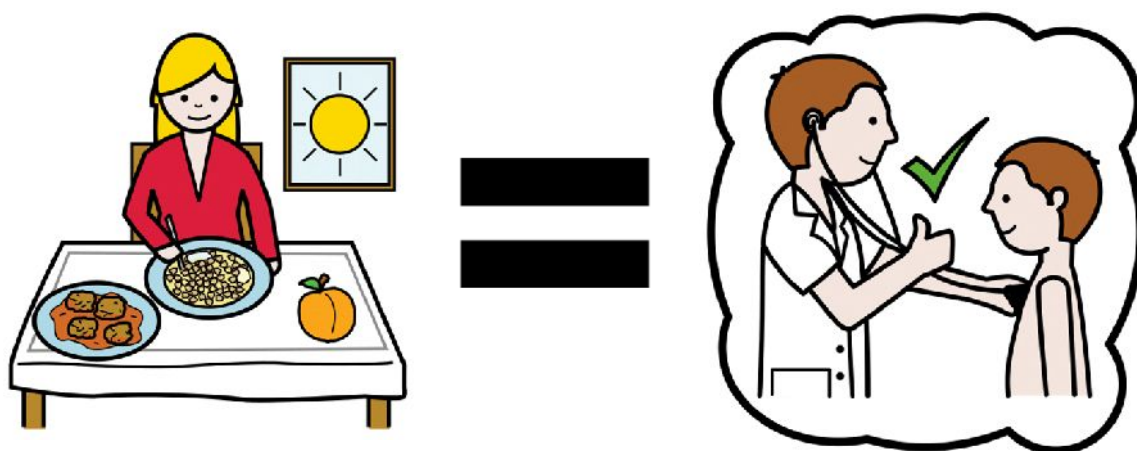




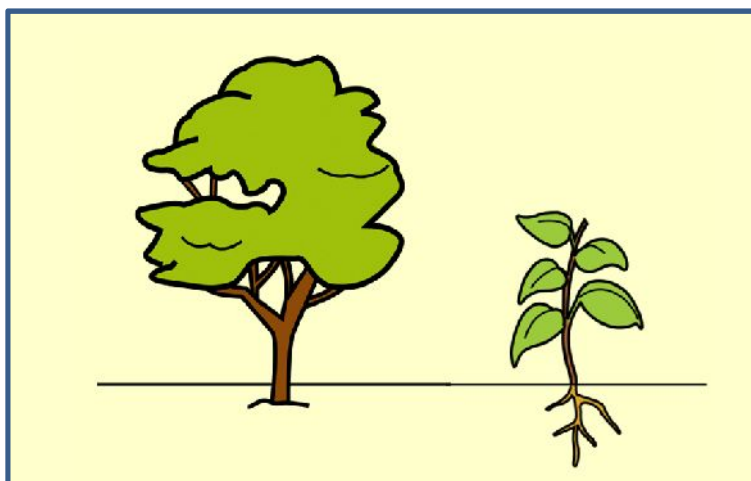
“Autonomía personal”

Alimentación saludable

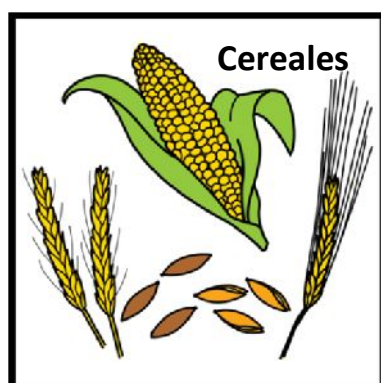
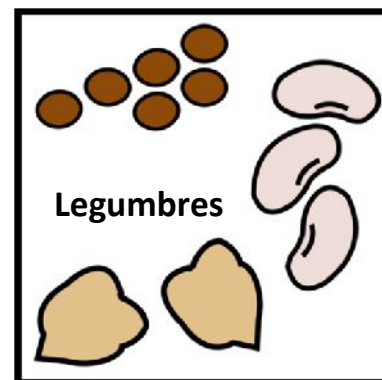
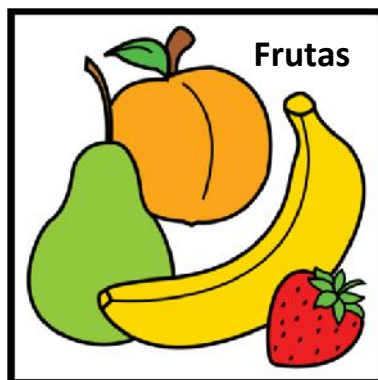
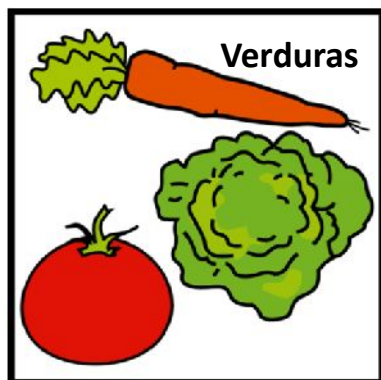


Autor pictogramas: Sergio Palao Procedencia: ARASAAC (<http://arasaac.org>) Licencia: CC (BY-NC-SA)

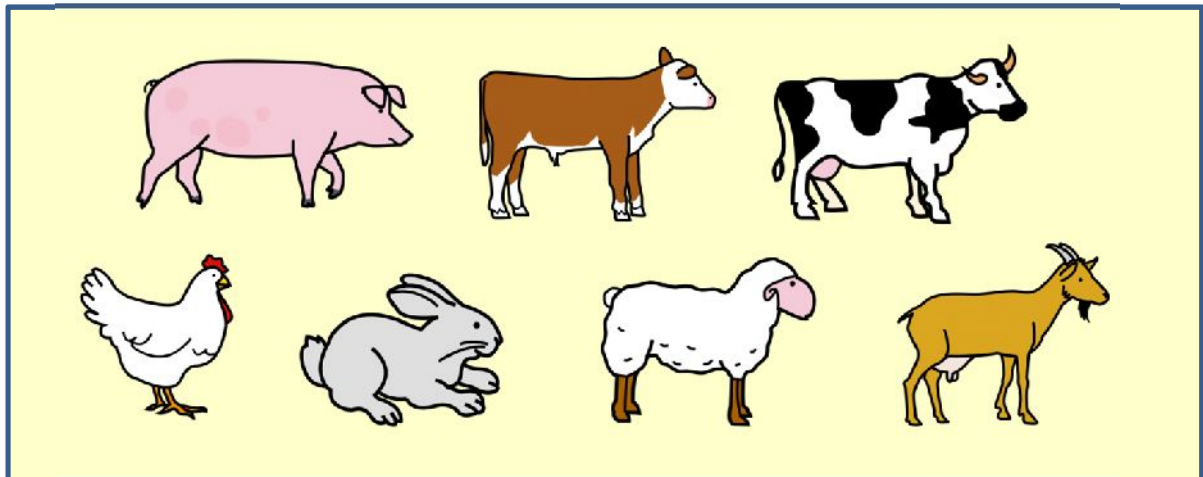
Alimentos de origen vegetal



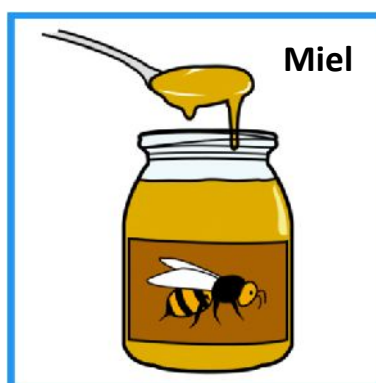
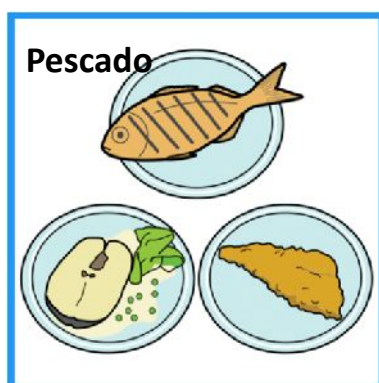
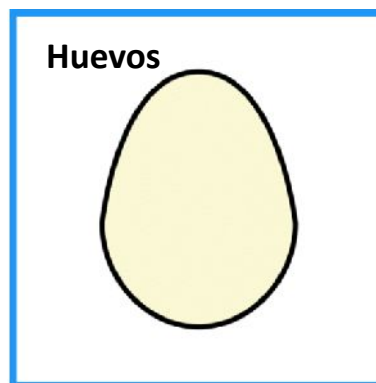
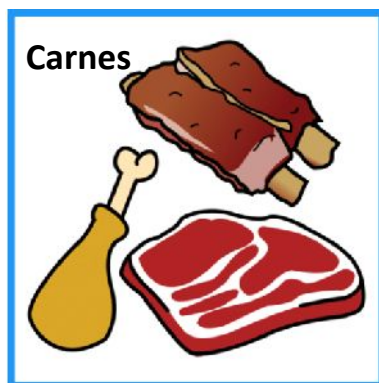
Proceden de los árboles y plantas



Alimentos de origen animal

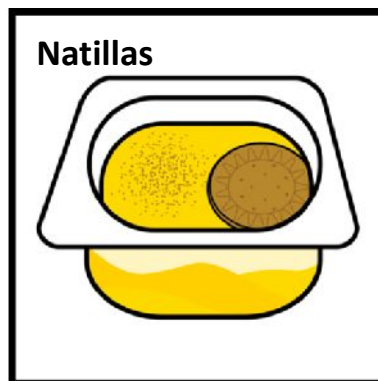
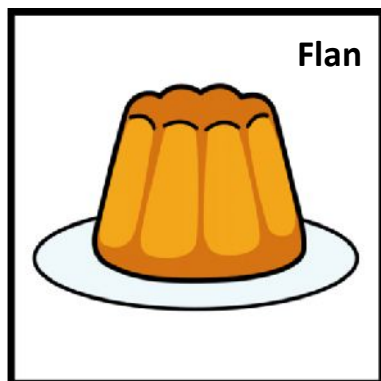
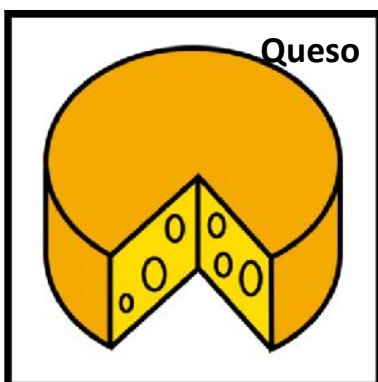
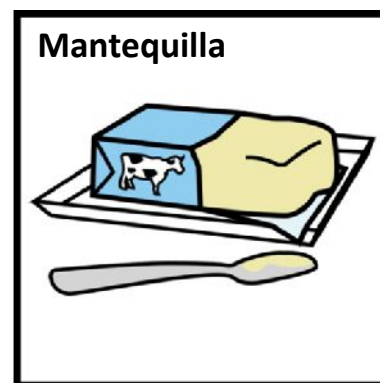
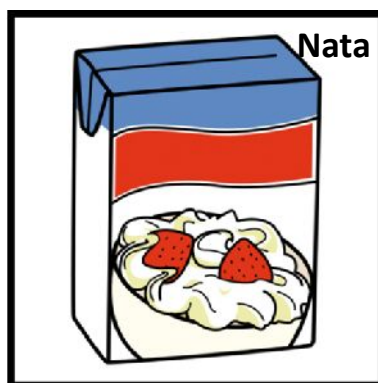


Proceden de los animales



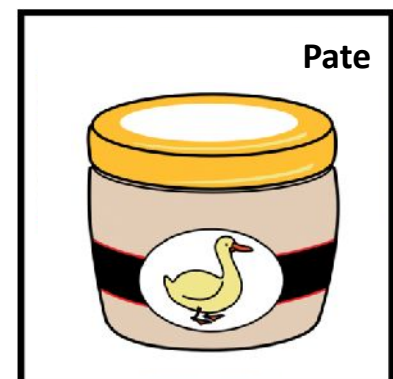
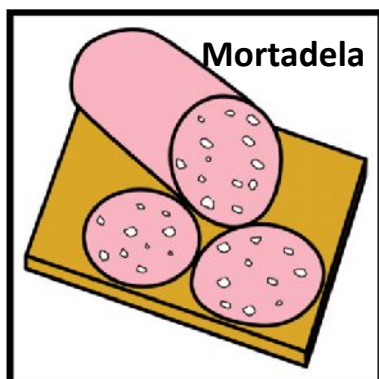
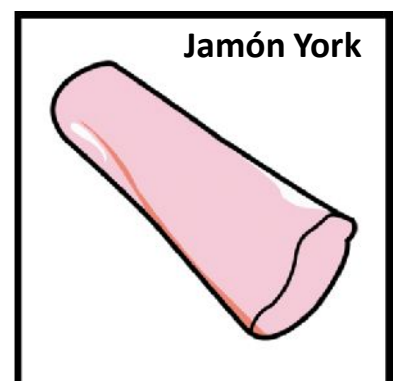
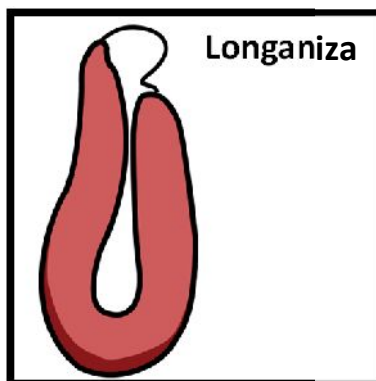
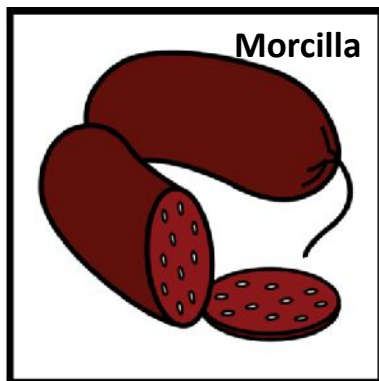
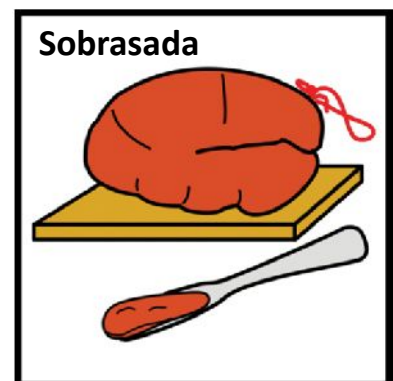
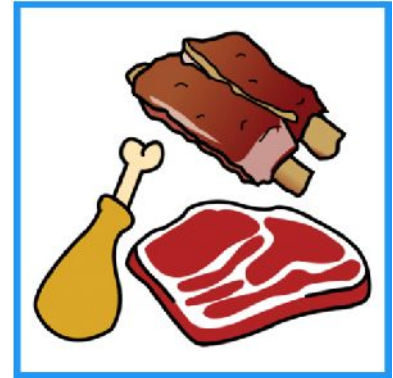
Alimentos elaborados

LECHE



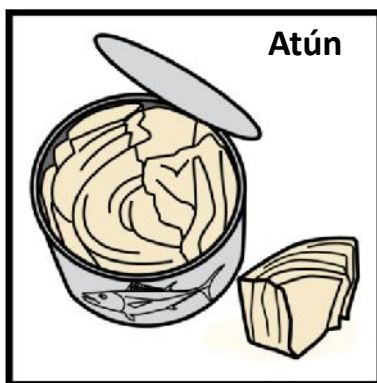
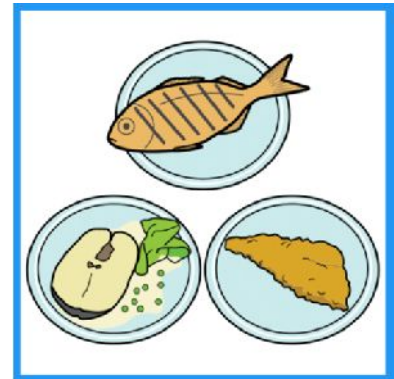
Alimentos elaborados

CARNES

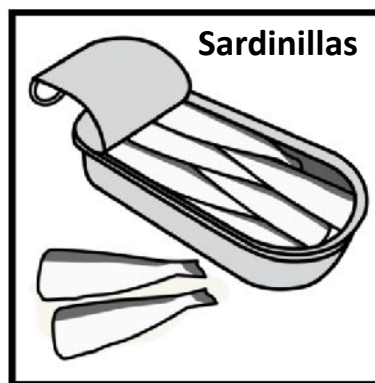


Alimentos elaborados

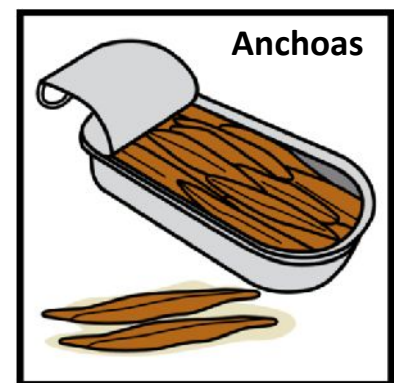
PESCADO



Atún



Sardinillas



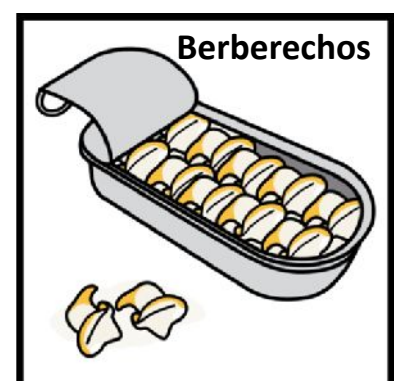
Anchoas



Mejillones



Chipirones



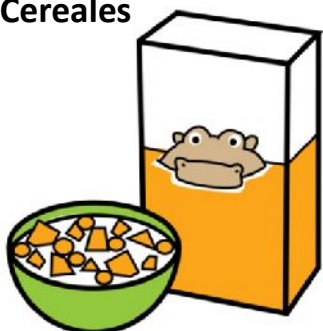
Berberechos

Alimentos elaborados

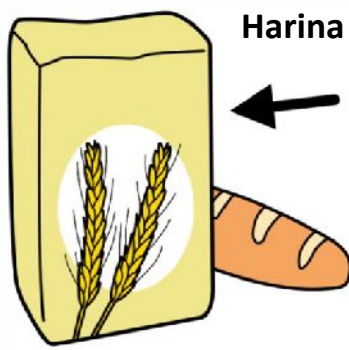
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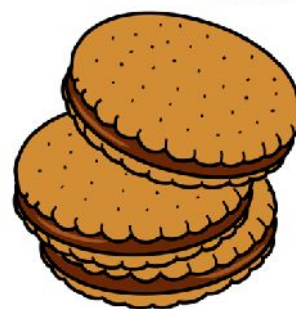
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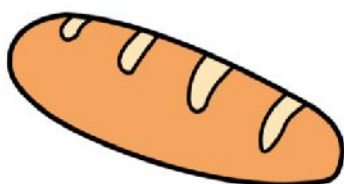
Harina



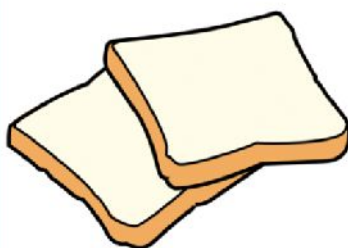
Galletas



Pan



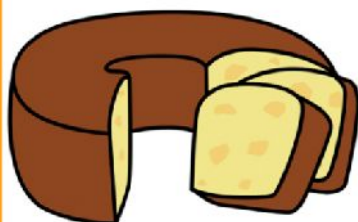
Pan de molde



Magdalena



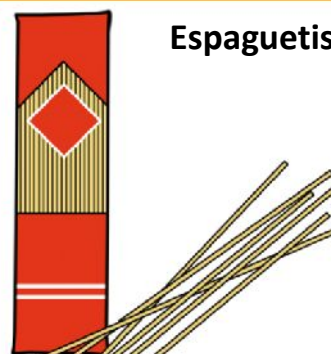
Bizcocho



Macarrones

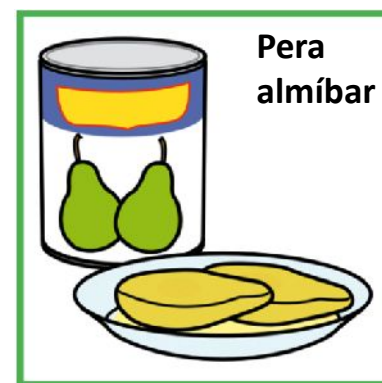
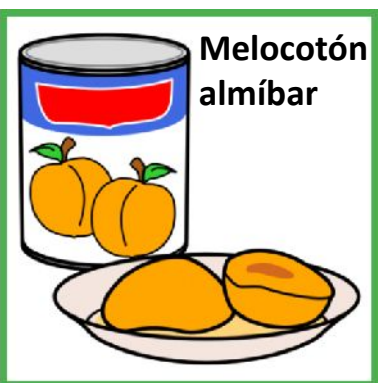
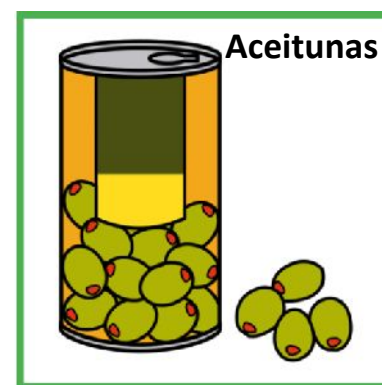
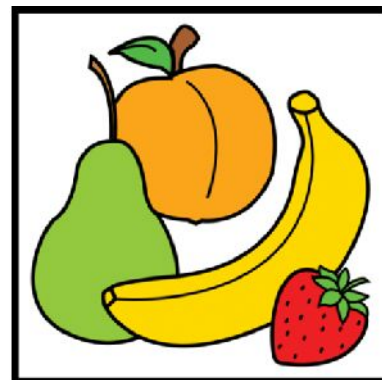


Espaguetis



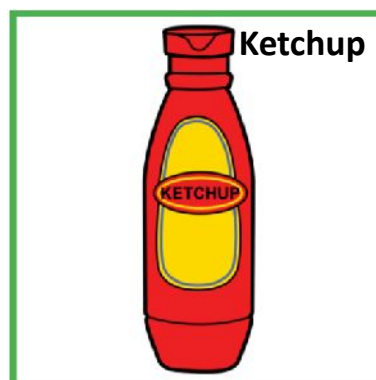
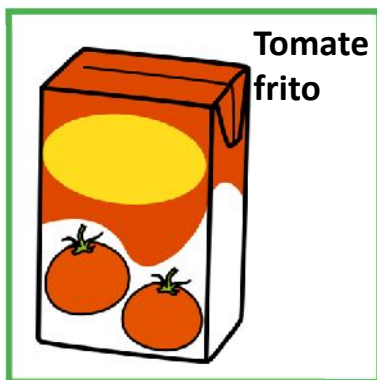
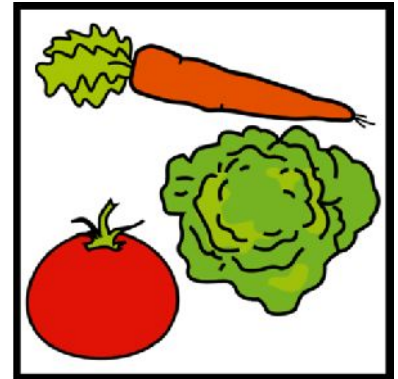
Alimentos elaborados

FRUTAS



Alimentos elaborados

VERDURAS



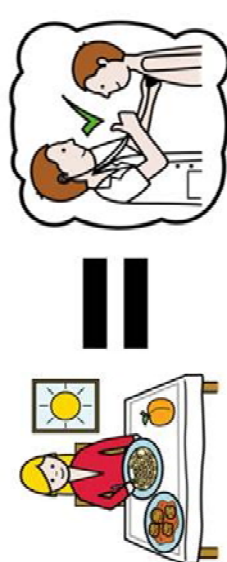
Dieta Mediterránea

Con moderación

Varias veces
a la semana

A diario

A diario



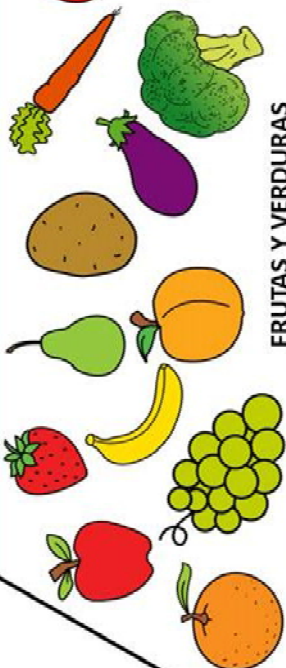
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Alimentación saludable

GRASAS, ACEITES, AZÚCAR



LEGUMBRES Y ALIMENTOS ORIGEN ANIMAL



FRUTAS Y VERDURAS



LÁCTEOS, CEREALES, ARROZ Y PASTA

Programa "Autonomía personal" Taller de Alimentación saludable

Autor: Matías Oncina