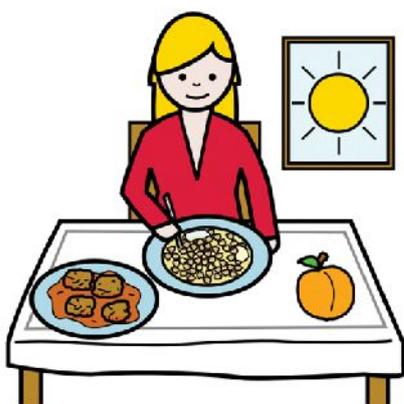




“Autonomía personal”

Alimentación saludable



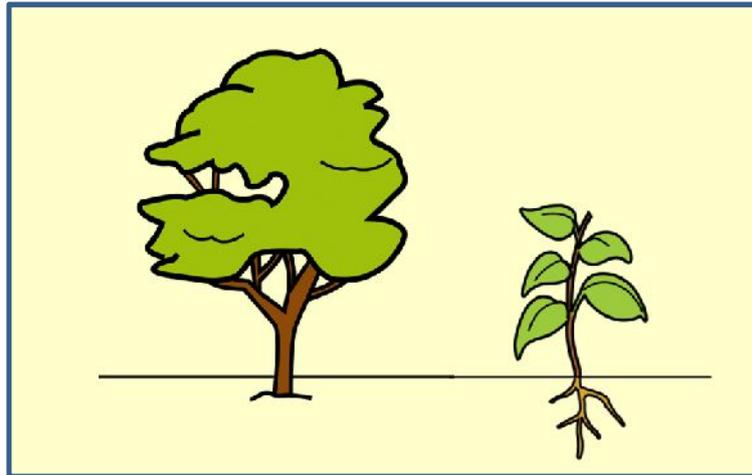
Santomera



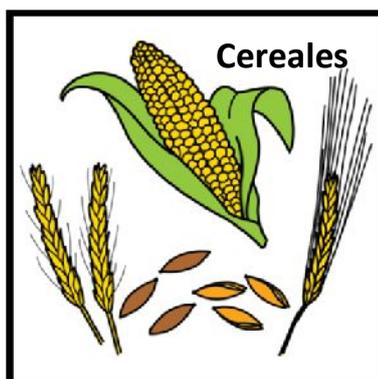
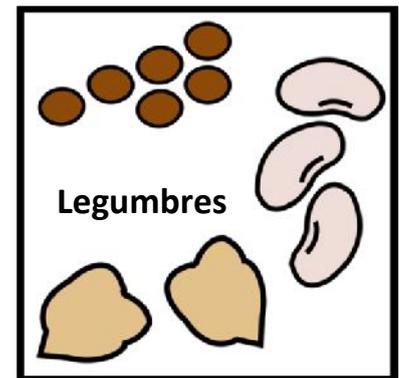
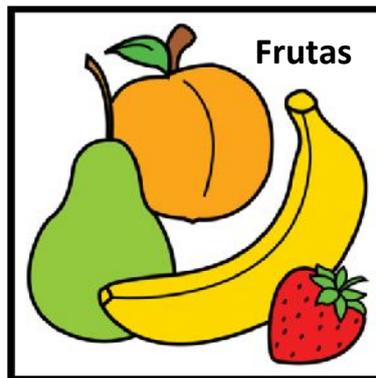
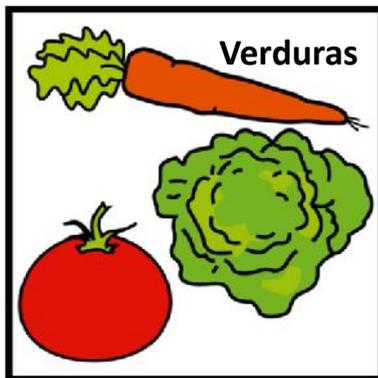
ARASAAC

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

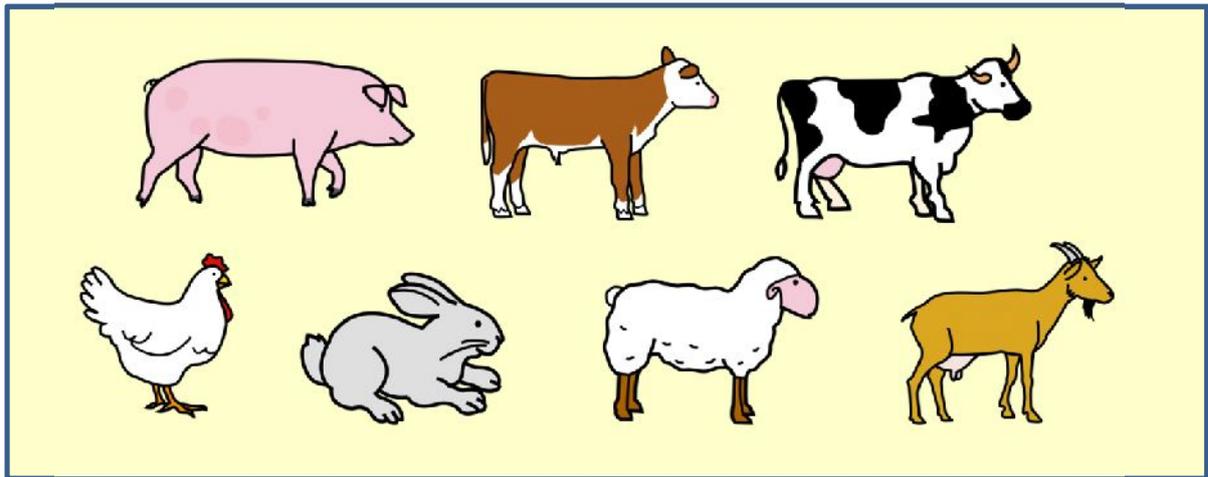
Alimentos de origen vegetal



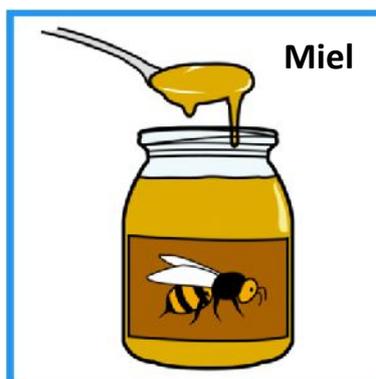
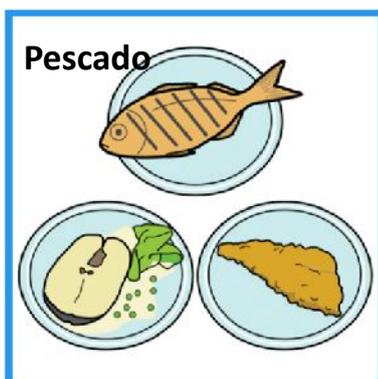
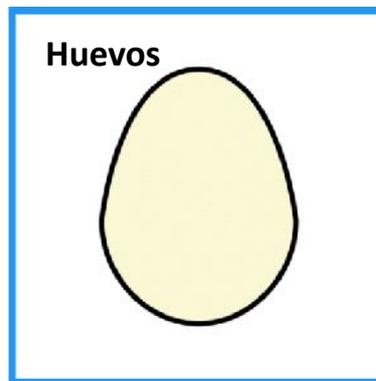
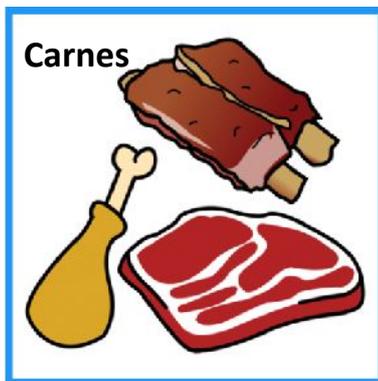
Proceden de los árboles y plantas



Alimentos de origen animal

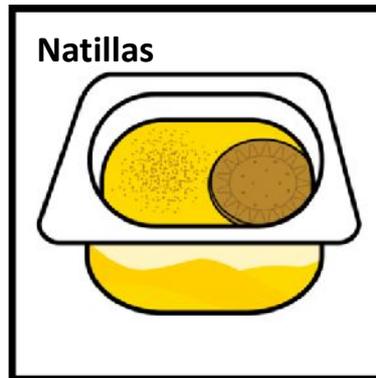
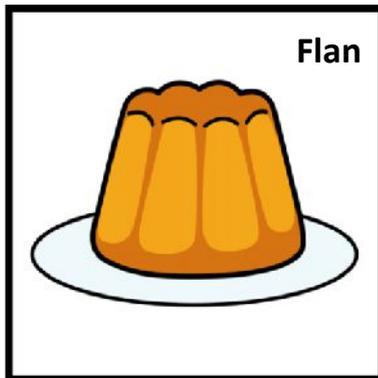
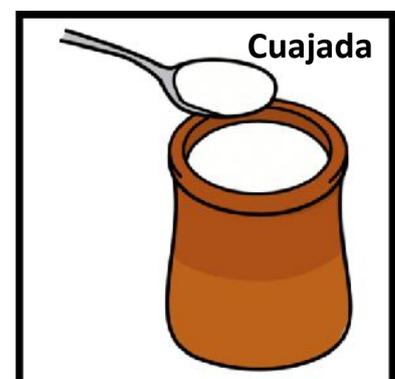
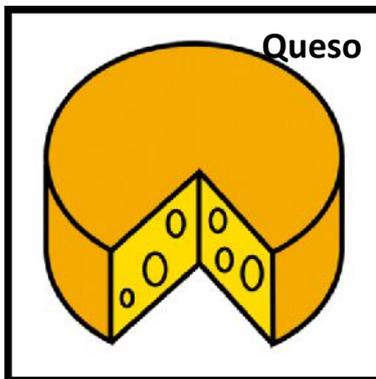
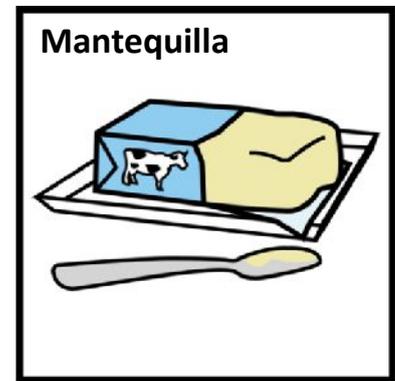
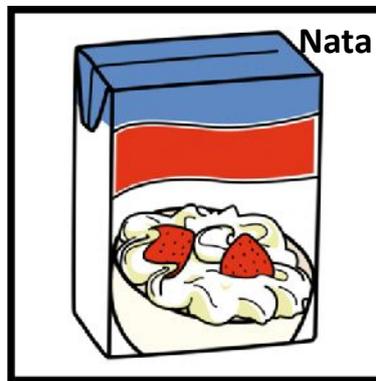
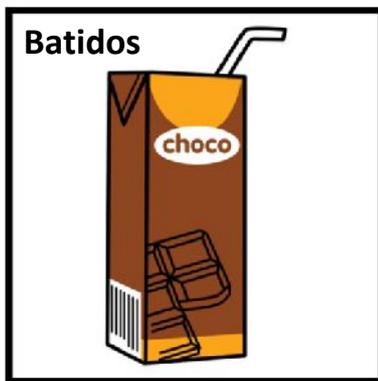
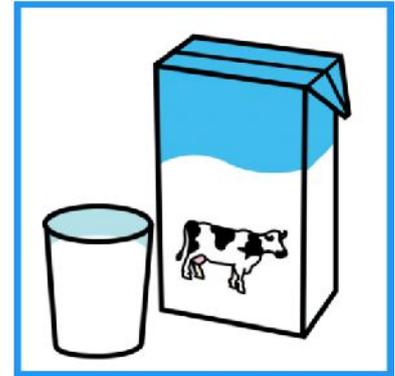


Proceden de los animales



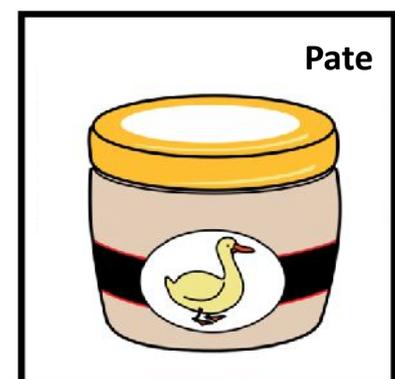
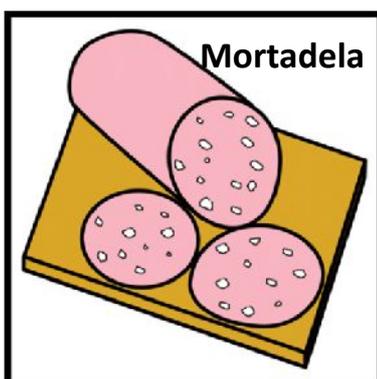
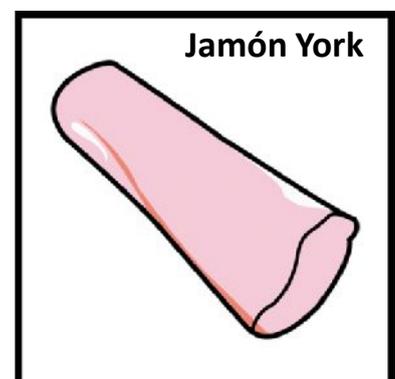
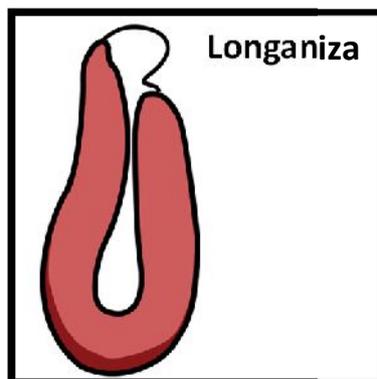
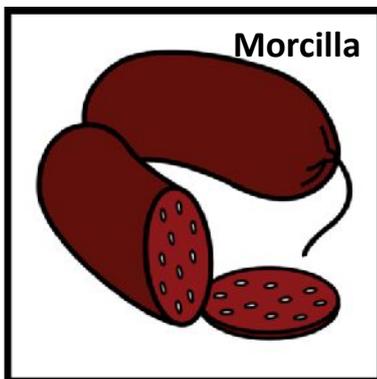
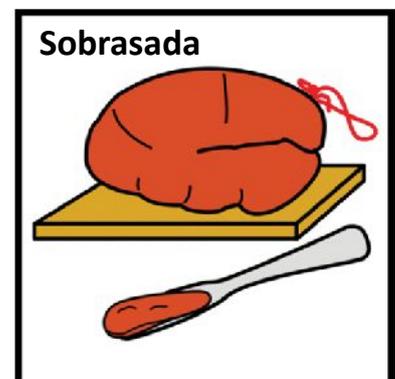
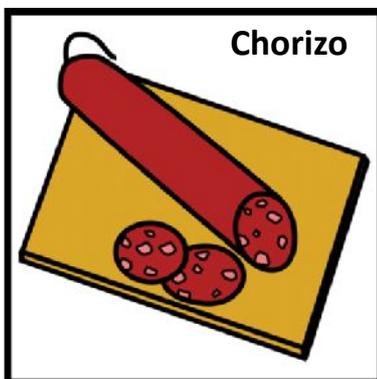
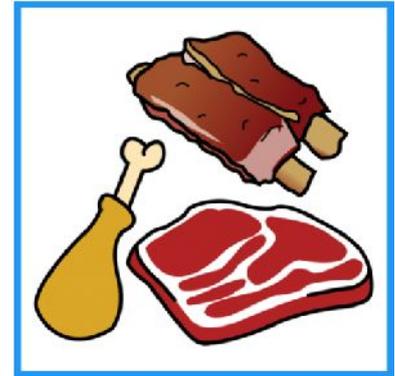
Alimentos elaborados

LECHE



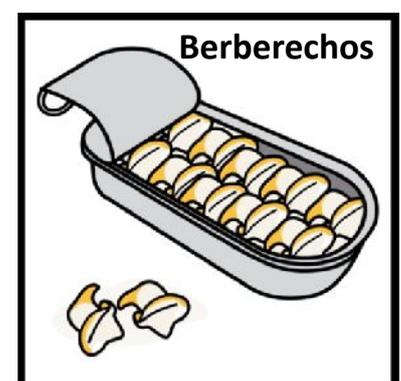
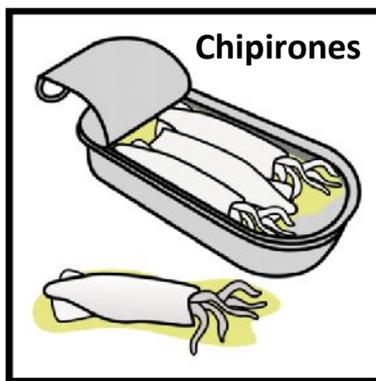
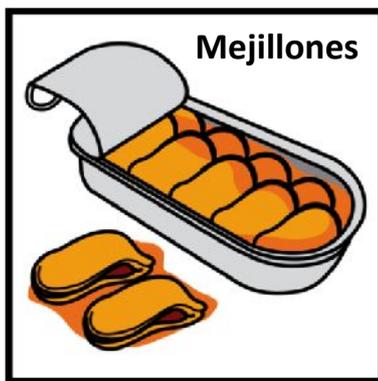
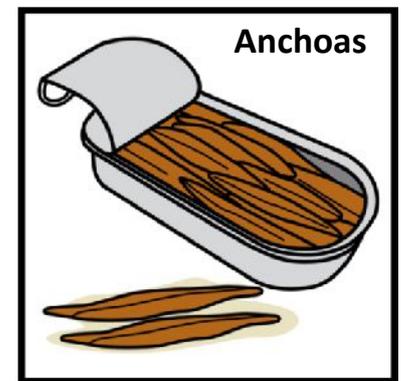
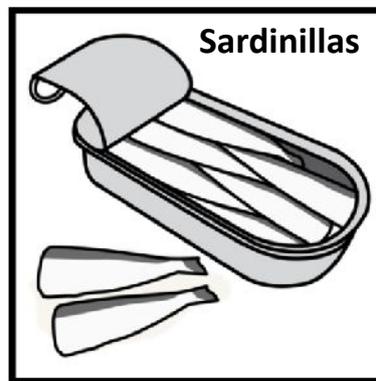
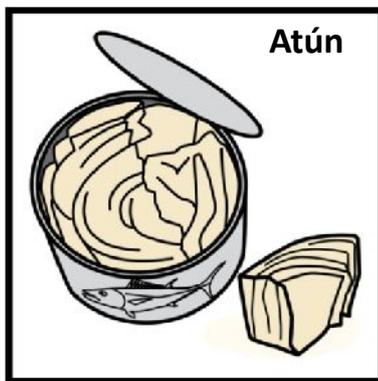
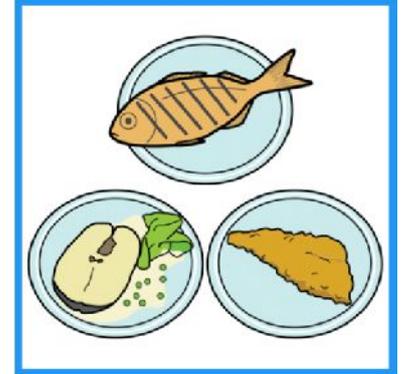
Alimentos elaborados

CARNES



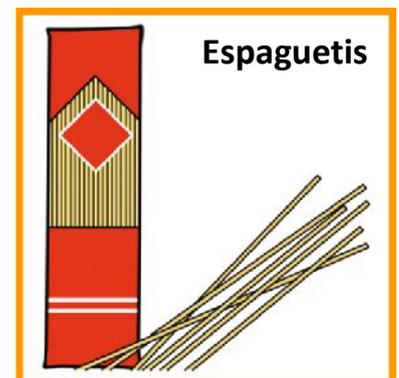
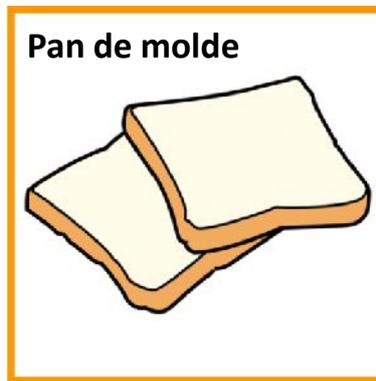
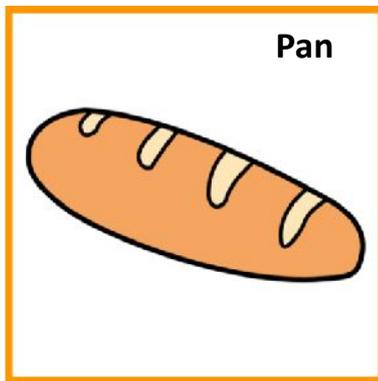
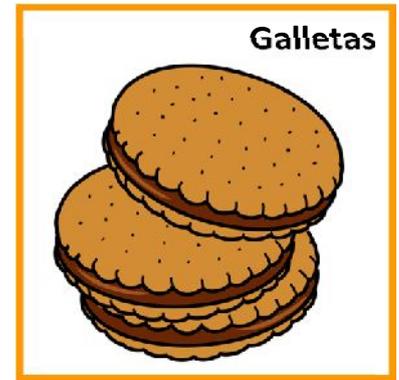
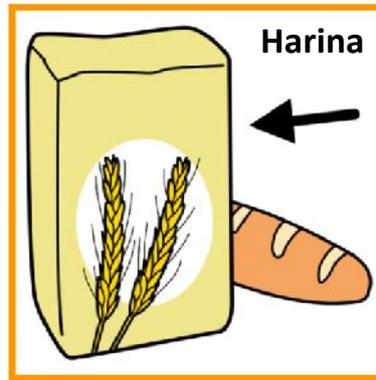
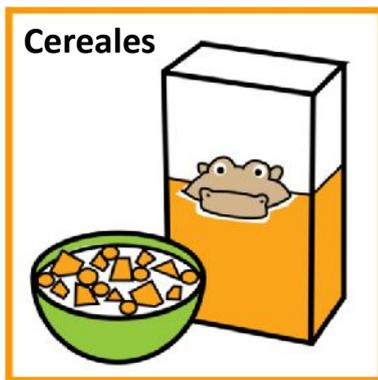
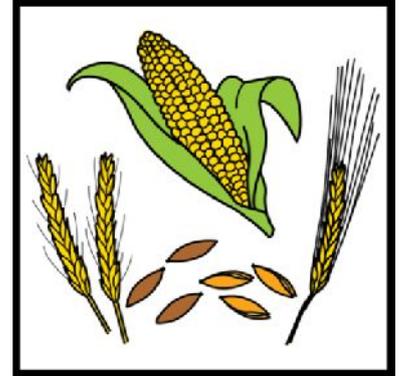
Alimentos elaborados

PESCADO



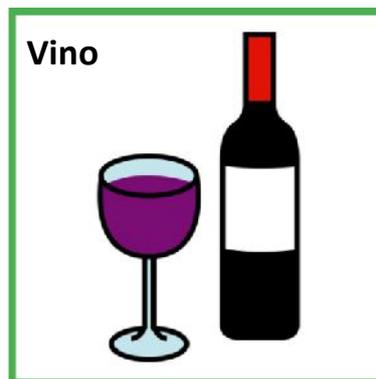
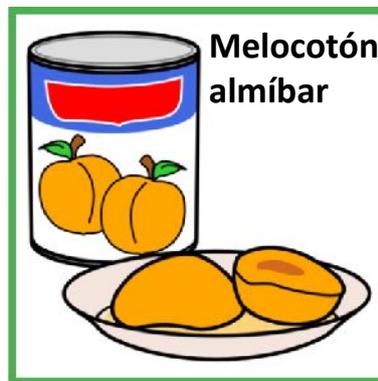
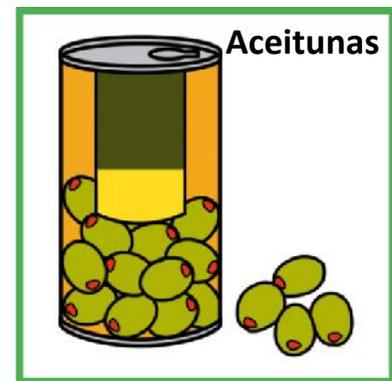
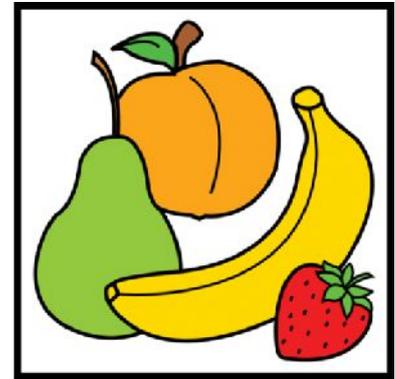
Alimentos elaborados

CEREALES



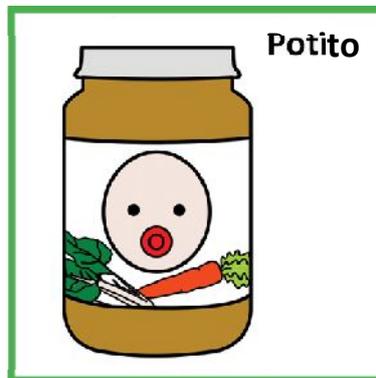
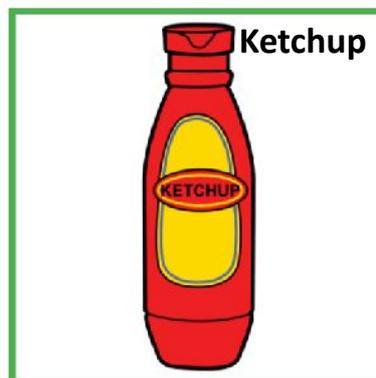
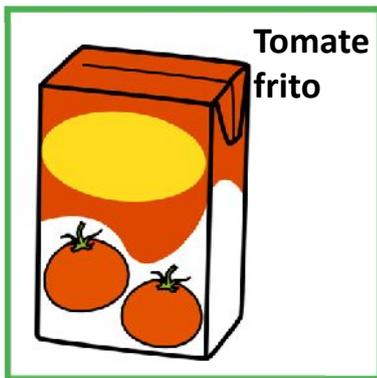
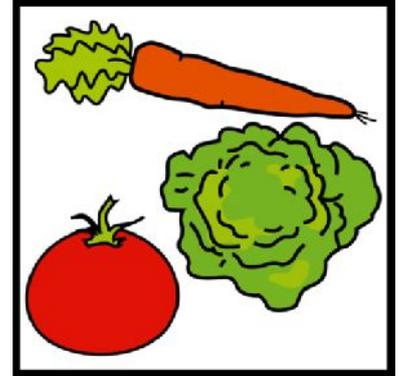
Alimentos elaborados

FRUTAS



Alimentos elaborados

VERDURAS

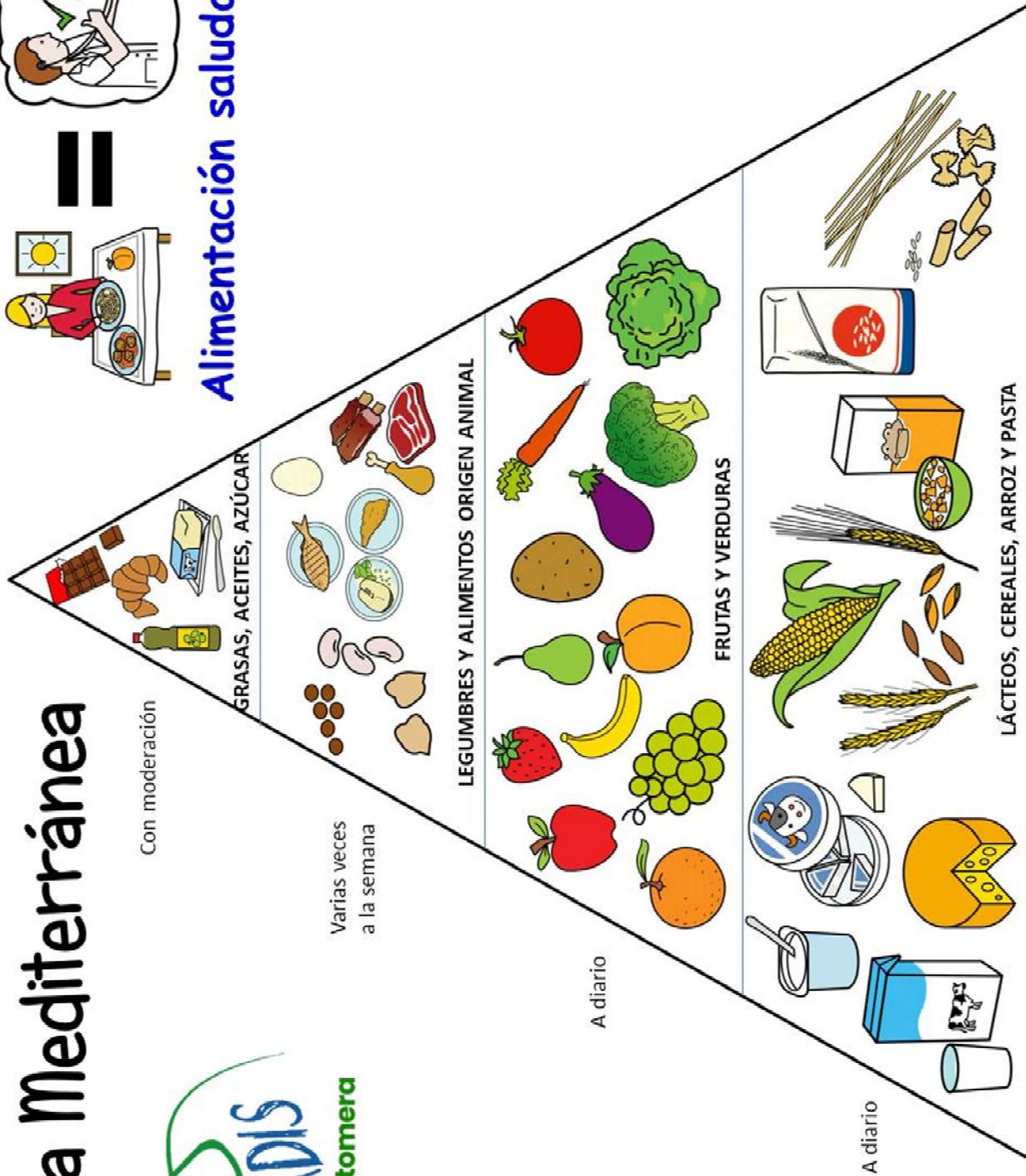
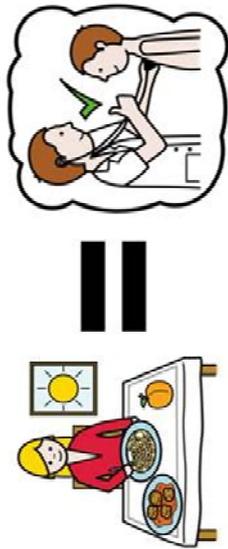


Dieta Mediterránea



Con moderación

Alimentación saludable



Programa "Autonomía personal" Taller de Alimentación saludable

Autor: Matías Oncina



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