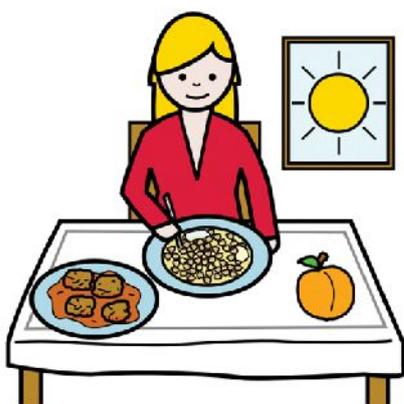




“Autonomía personal”

Alimentación saludable



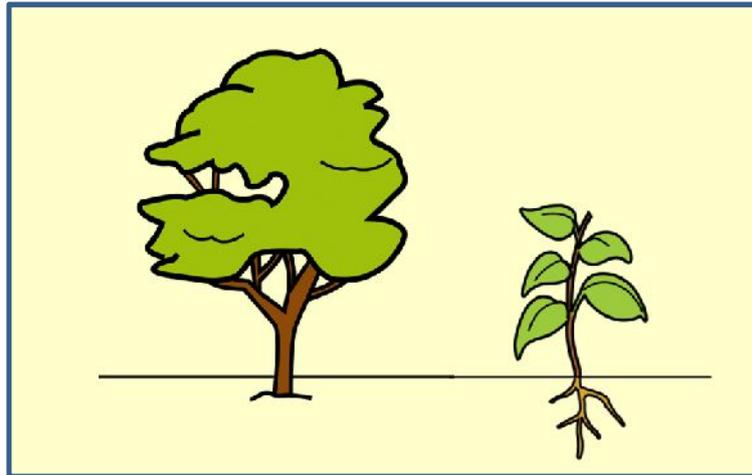
Santomera



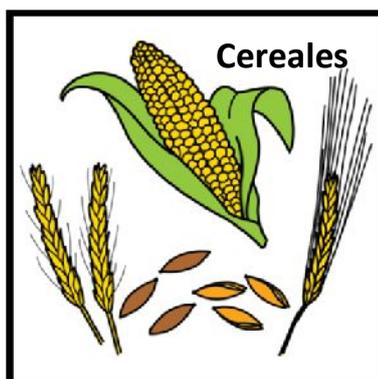
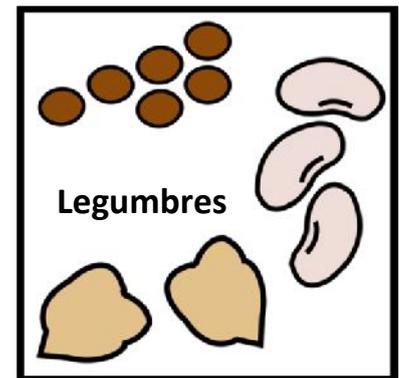
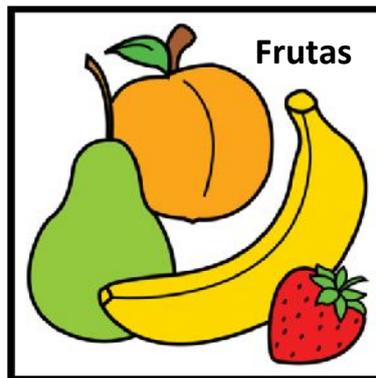
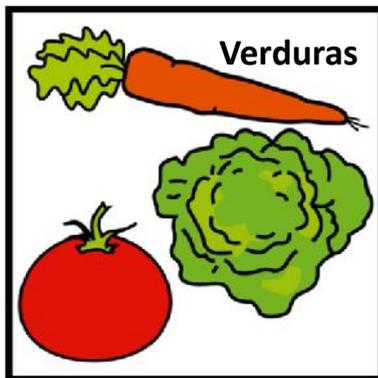
ARASAAC

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

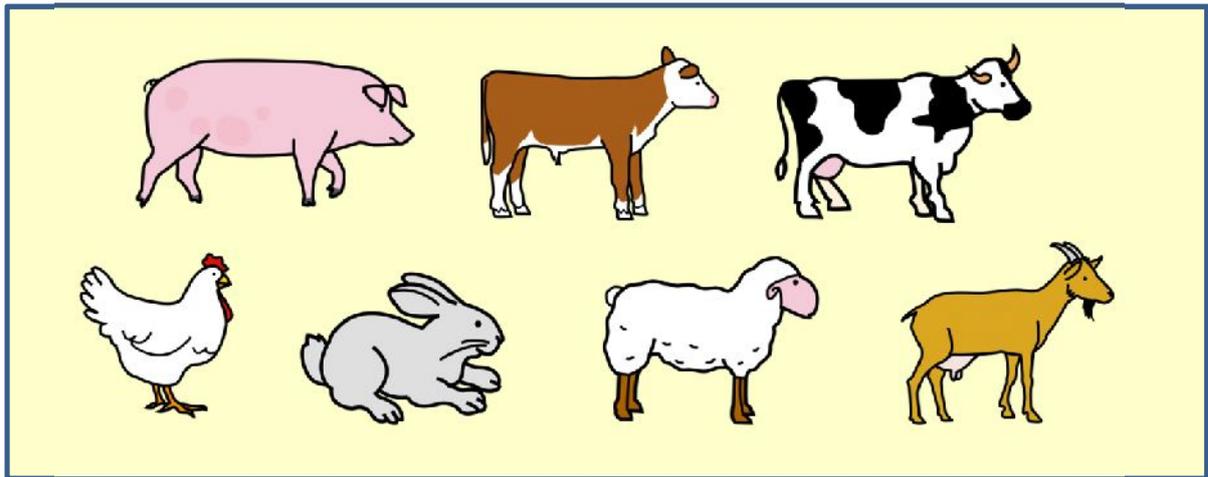
Alimentos de origen vegetal



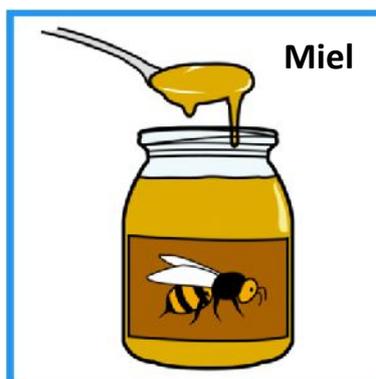
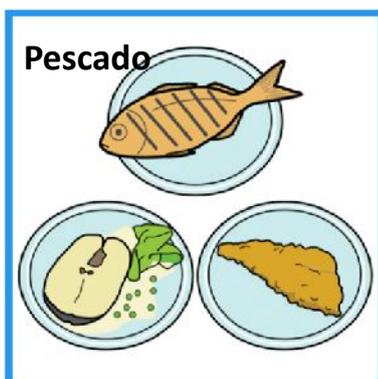
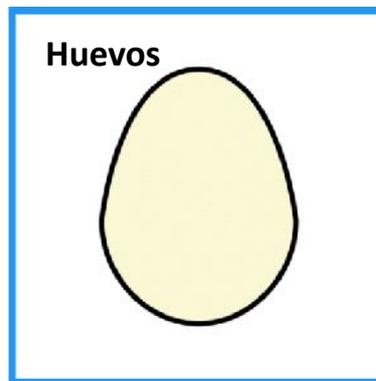
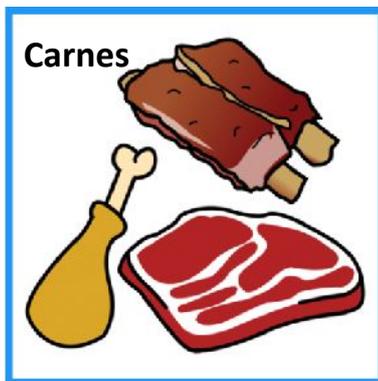
Proceden de los árboles y plantas



Alimentos de origen animal

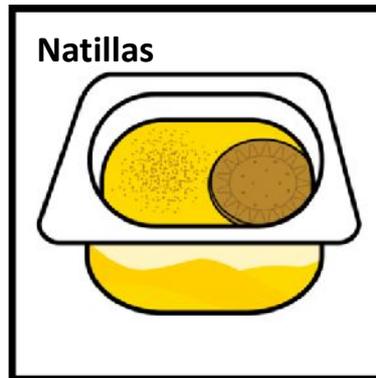
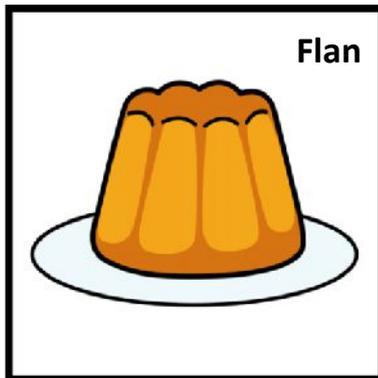
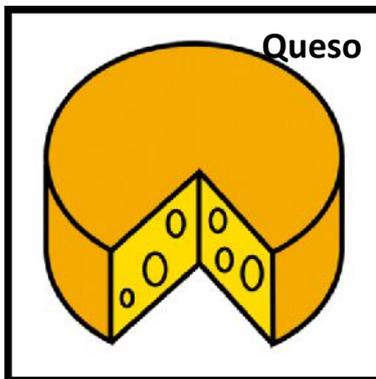
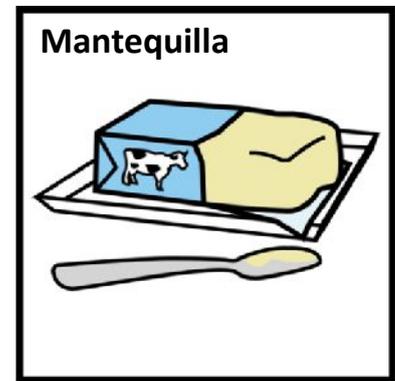
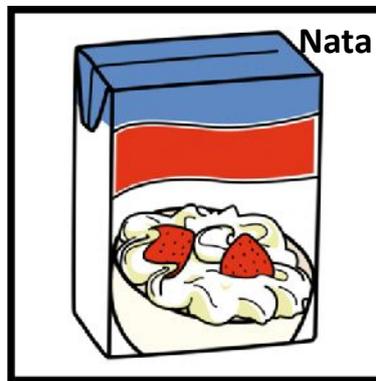
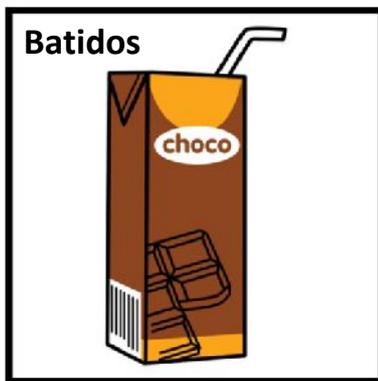


Proceden de los animales



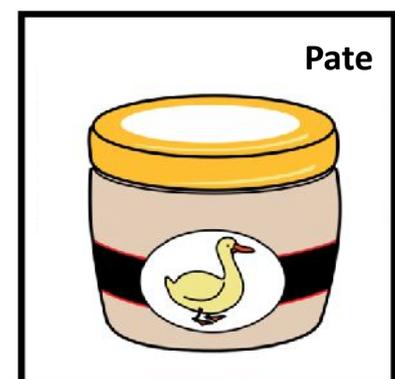
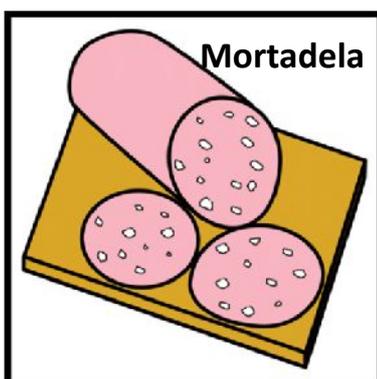
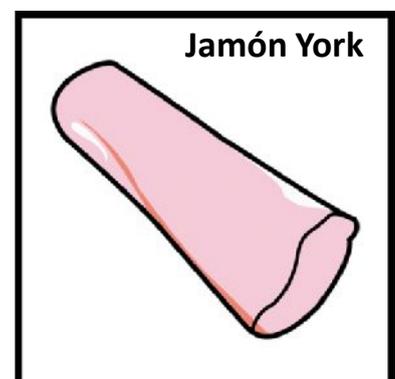
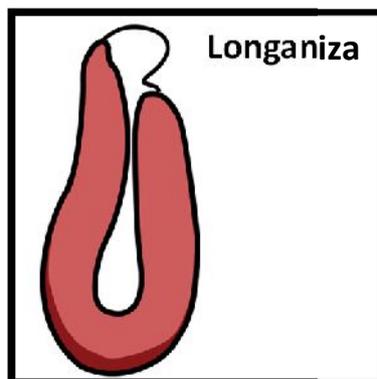
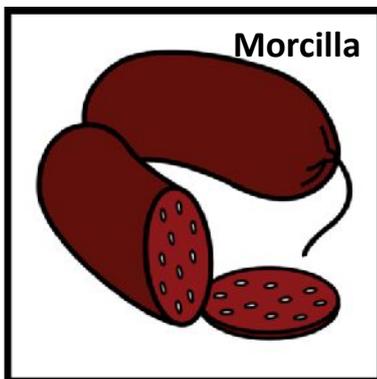
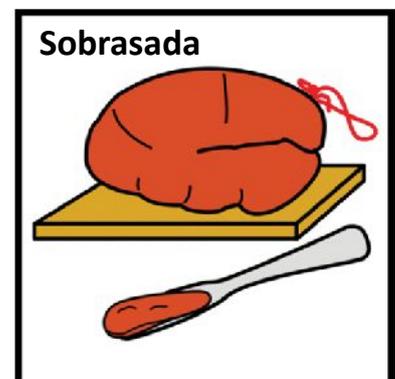
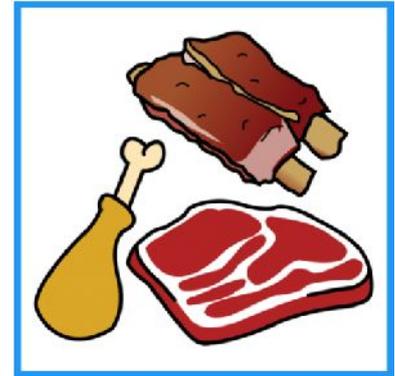
Alimentos elaborados

LECHE



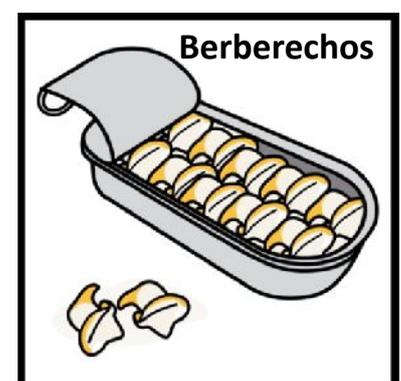
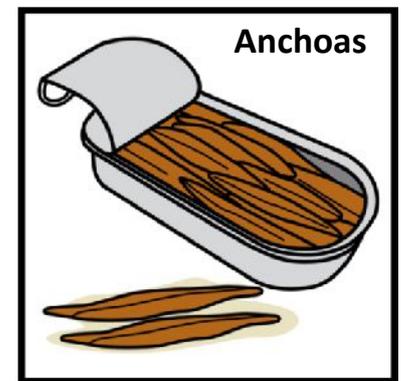
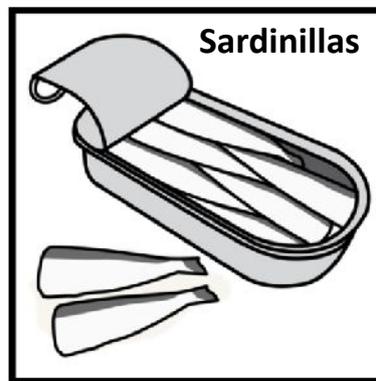
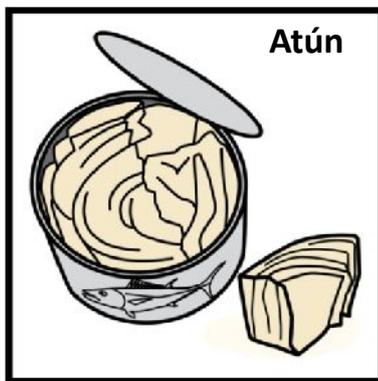
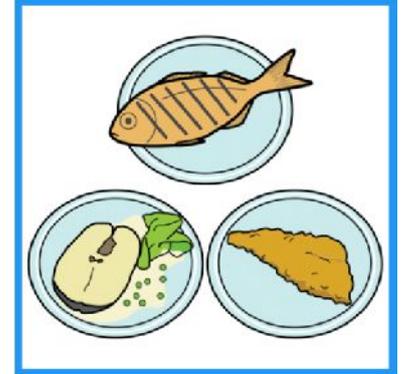
Alimentos elaborados

CARNES



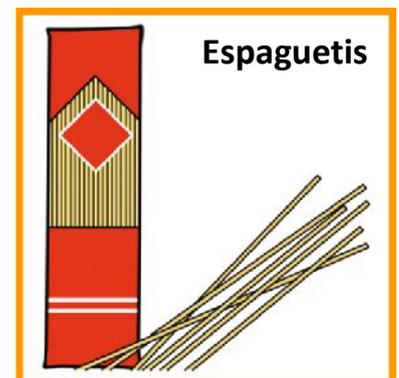
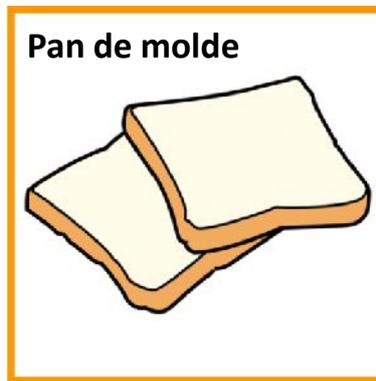
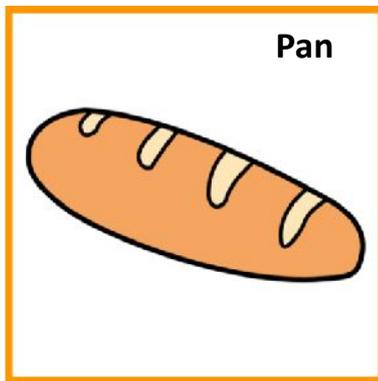
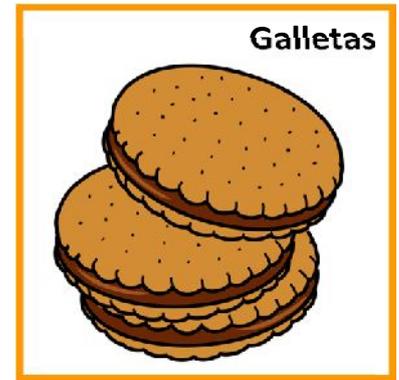
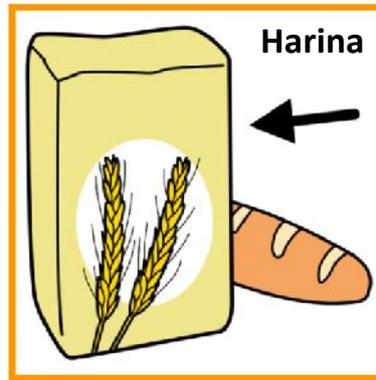
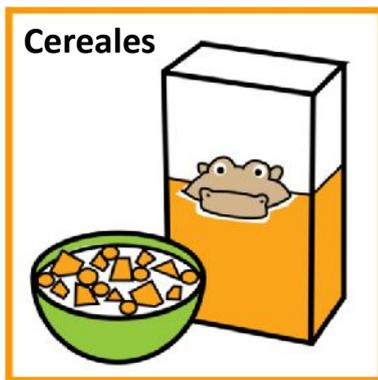
Alimentos elaborados

PESCADO



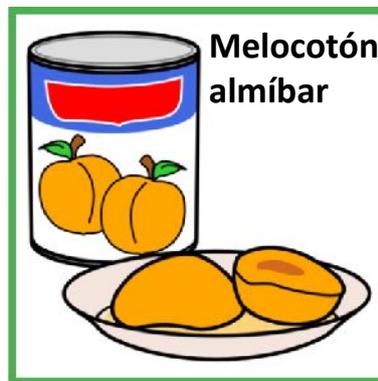
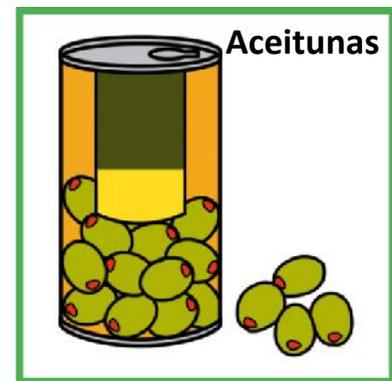
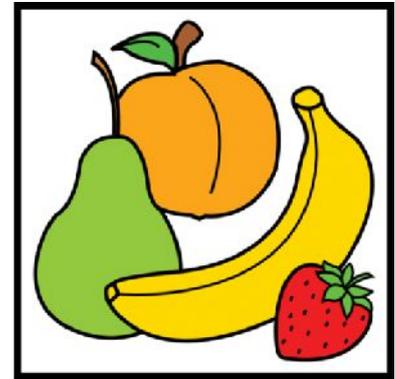
Alimentos elaborados

CEREALES



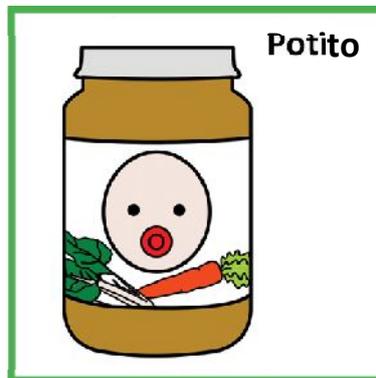
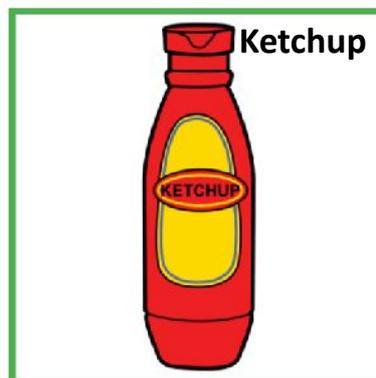
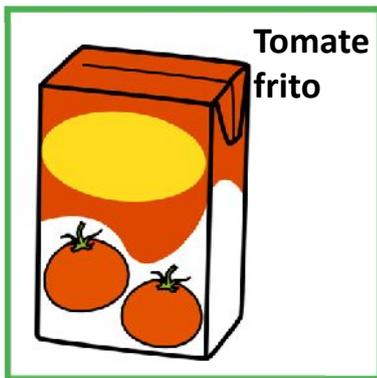
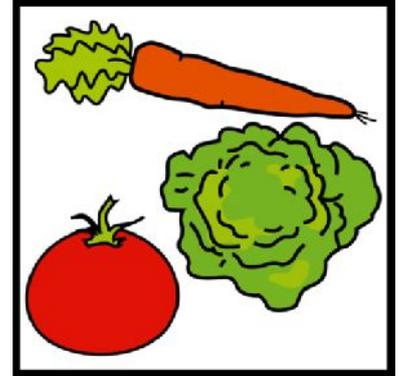
Alimentos elaborados

FRUTAS



Alimentos elaborados

VERDURAS

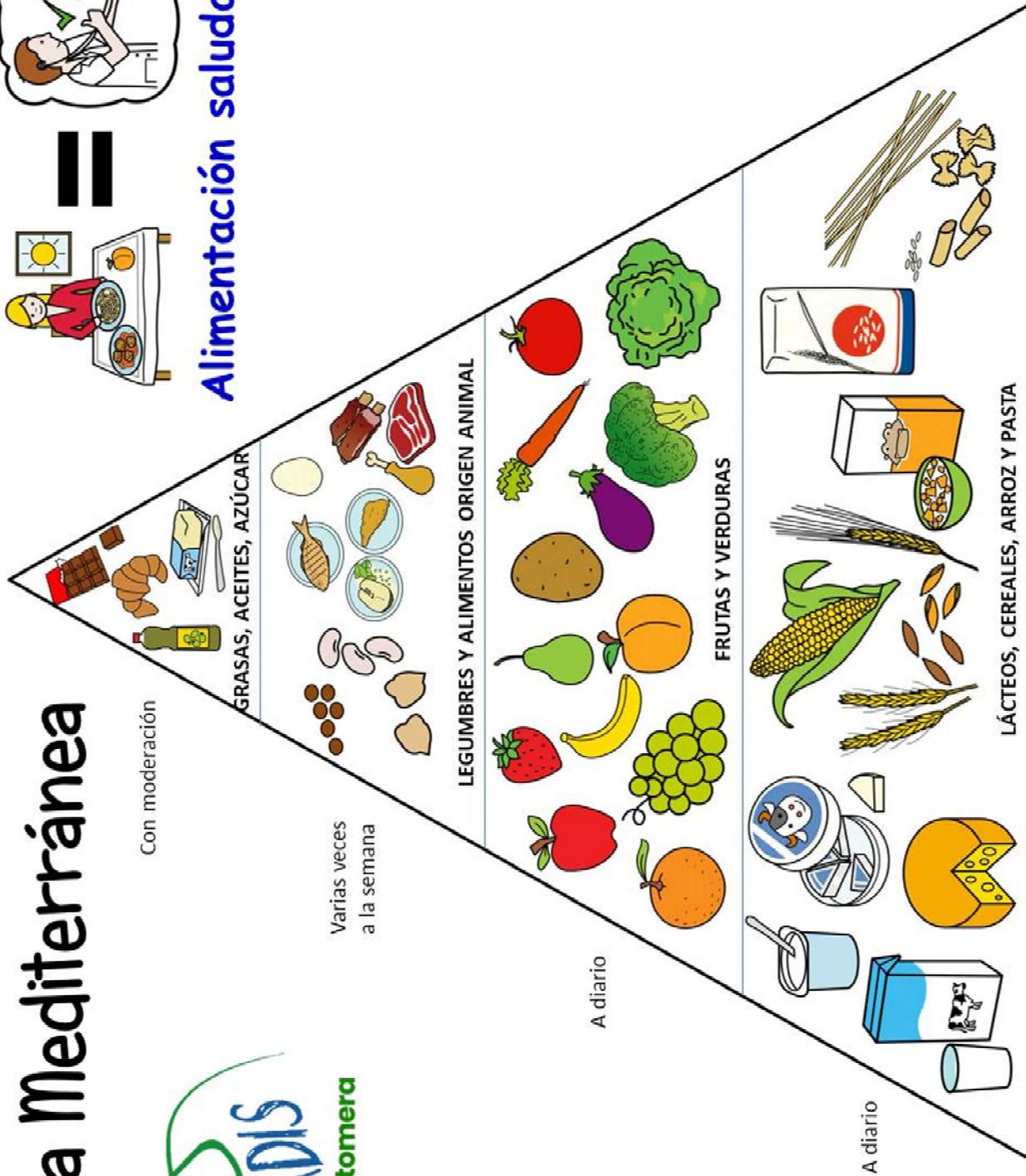
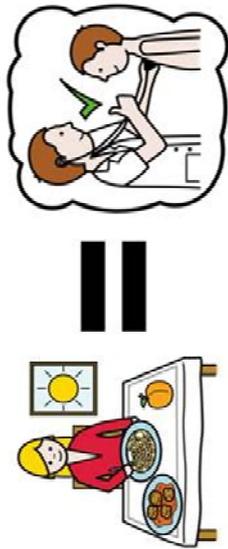


Dieta Mediterránea



Con moderación

Alimentación saludable



Programa "Autonomía personal" Taller de Alimentación saludable

Autor: Matías Oncina



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