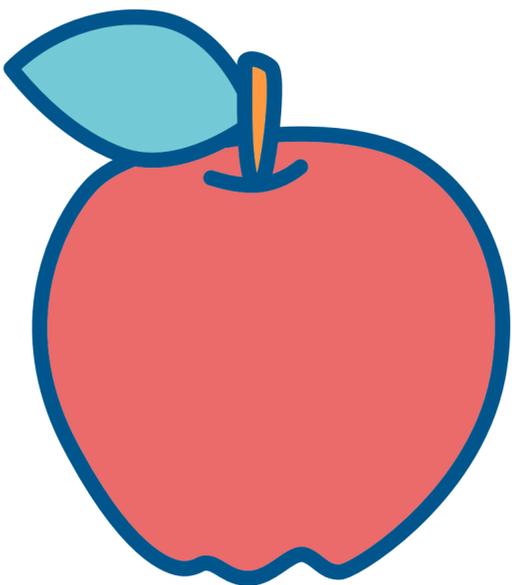
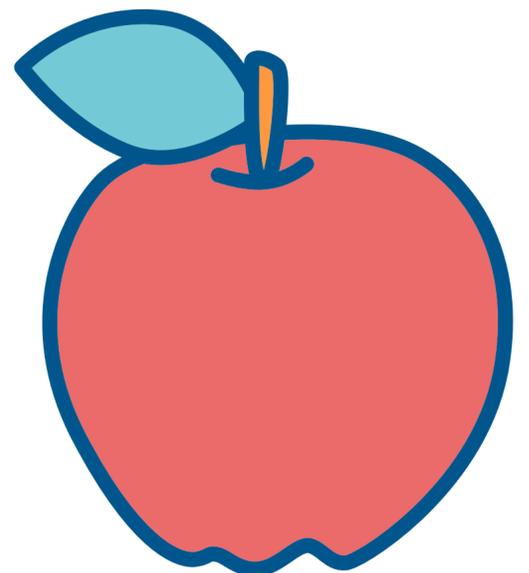


ESCOLHE COMER MELHOR
CHOOSE EAT BETTER



**CHOOSE
MORE
HEALTHY**



ESCOLHE COMER MELHOR **QUAIS SÃO AS CORES NO** **TEU PRATO?**



**Sabes que nutrientes são
fornecidos pelos grupos da fruta e
dos hortícolas ?**

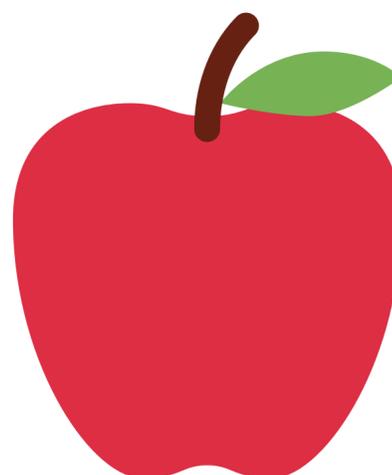
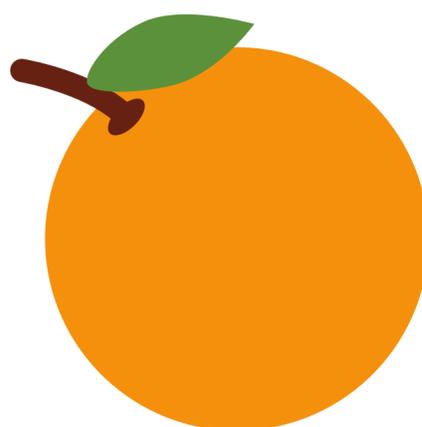
**CHOOSE
MORE
HEALTHY**



ESCOLHE COMER MELHOR



Segue a Roda da
Alimentação
Mediterrânea



**Come sopa e 3 peças
de fruta por dia!**

**CHOOSE MORE
HEALTHY**