



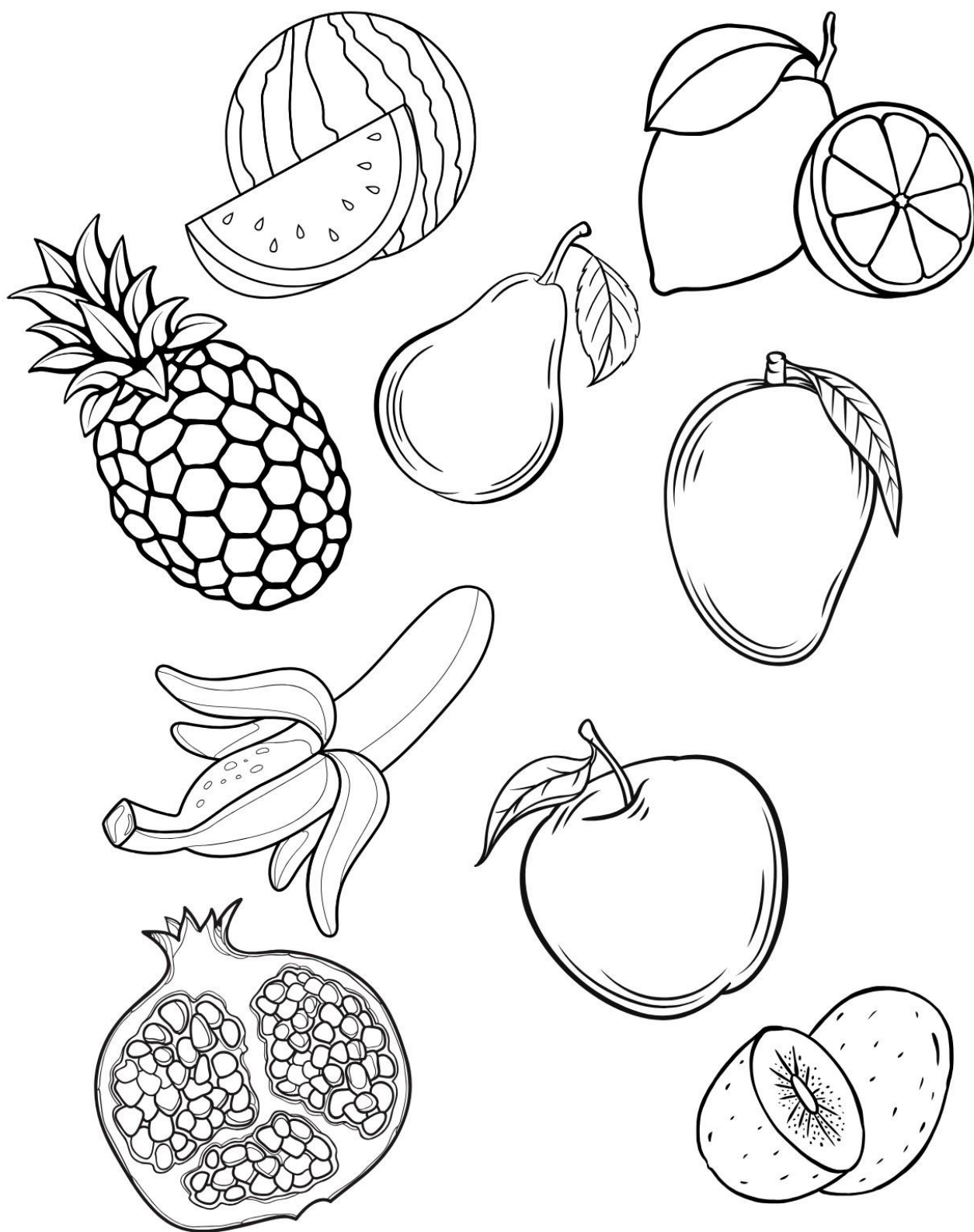
MIDA MA
SÖÖN?

KÖÖGIVILJAD



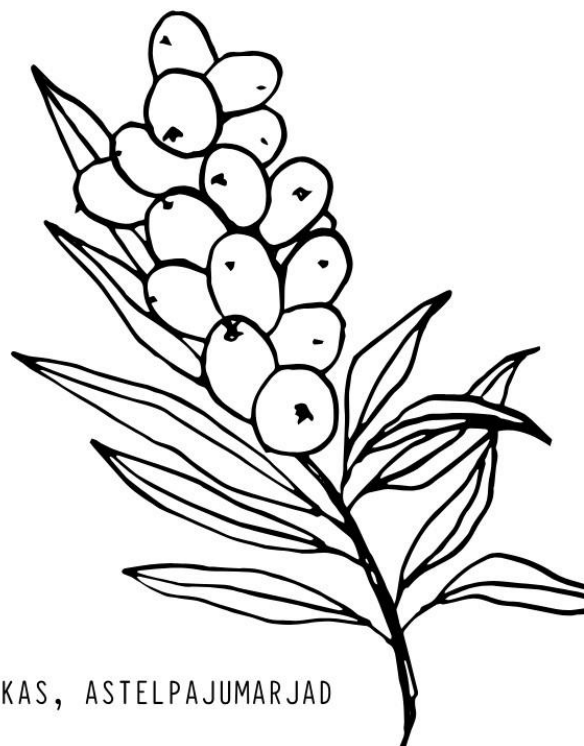
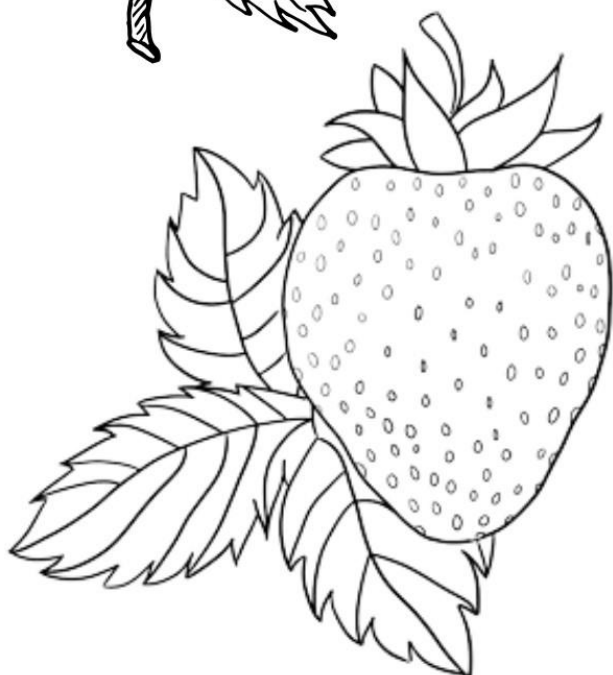
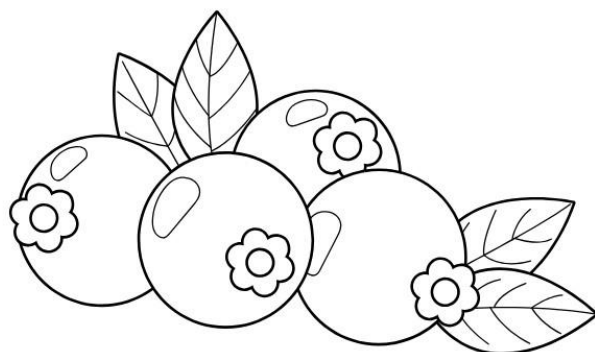
BROKOLI, KÕRVITS, KAALIKAS, PORGAND, BAKLAŽAAN, LEHTKAPSAS,
REDIS, LÄÄTSED, SIBUL, HERNES, LILLKAPSAS

PUUVILJAD



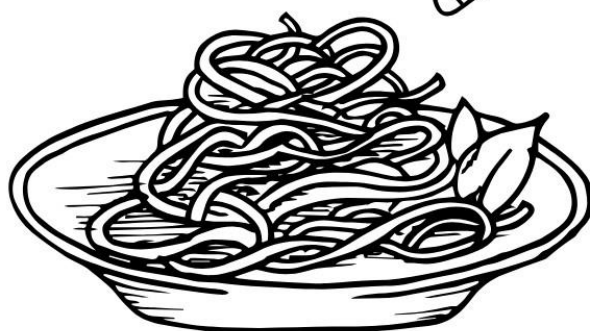
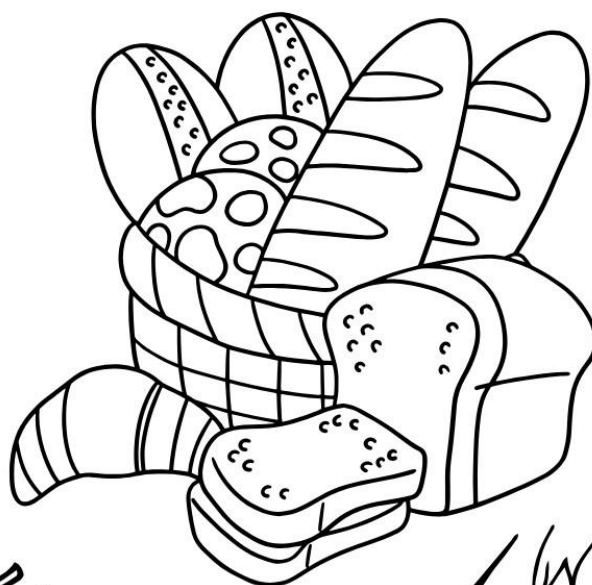
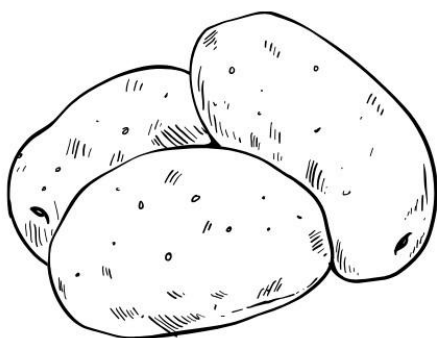
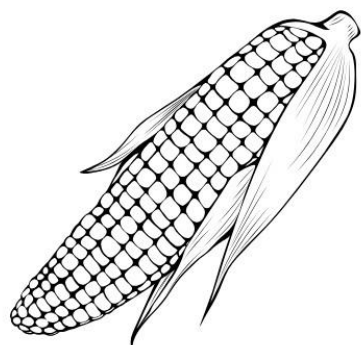
ARBUUS, SIDRUN, ANANASS, PIRN, MANGO, BANAAN, ÕUN, GRANAATÕUN, KIIVI

MARJAD



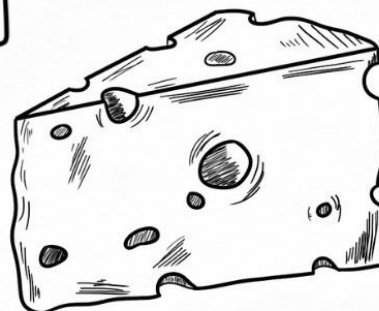
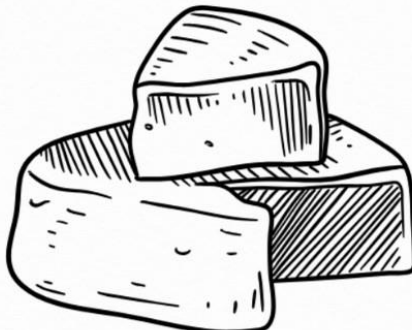
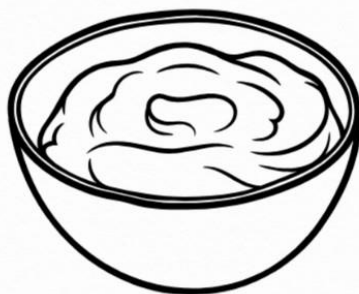
MUSTIKAD, VAARIKAD, SÕSTRAD, VIINAMARJAD, MAASIKAS, ASTELPAJUMARJAD

TERAVILJAD JA TÄRKLISERIKKAD TOIDUAINED



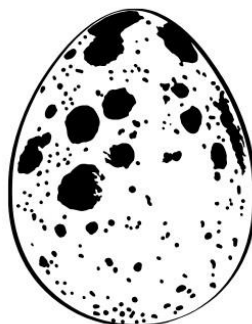
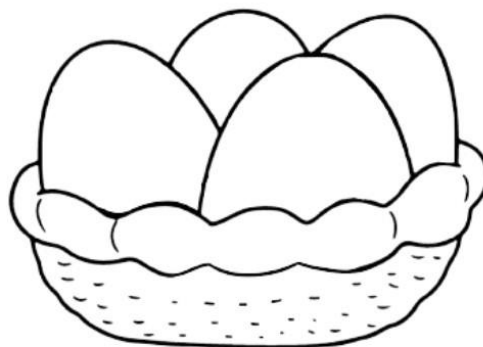
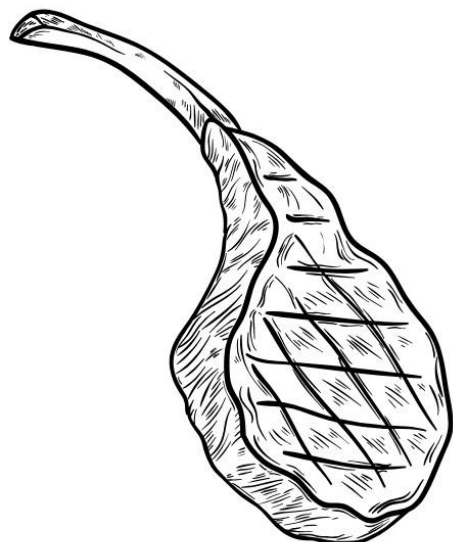
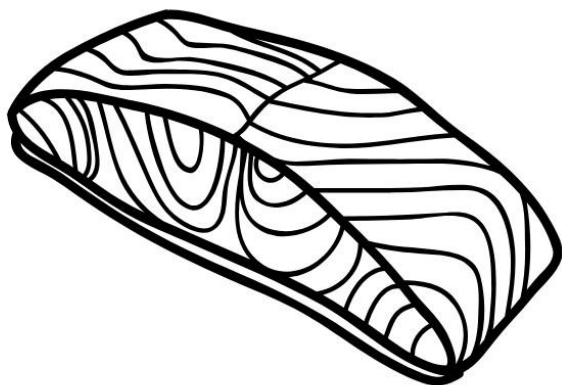
MAIS, JAHU, KAER, ODER, KARTUL,
LEIB, SAI, PASTA, RUKIS

PIIM JA PIIMATOOTED



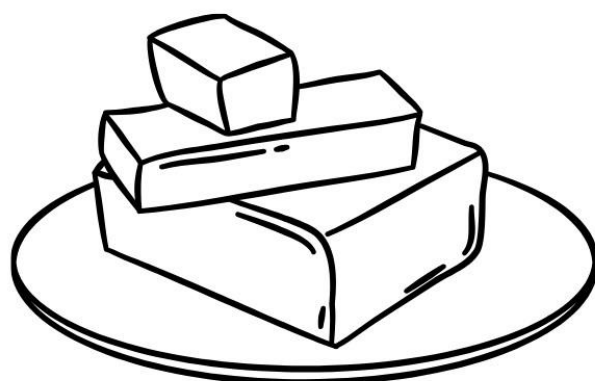
JOGURT, KODUJUUST/KOHUPIIM, KEEFIR, JUUST, PIIM, HAPUKOOR

KALA, MUNA, LIHA



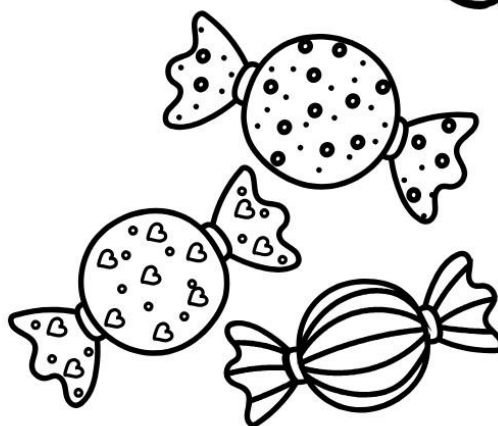
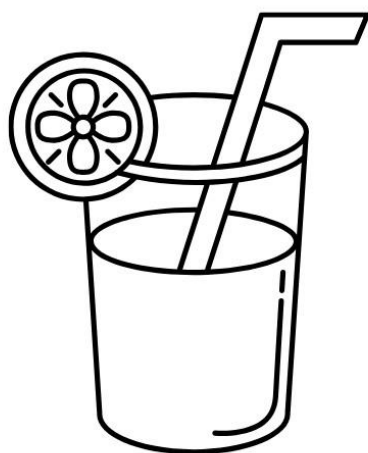
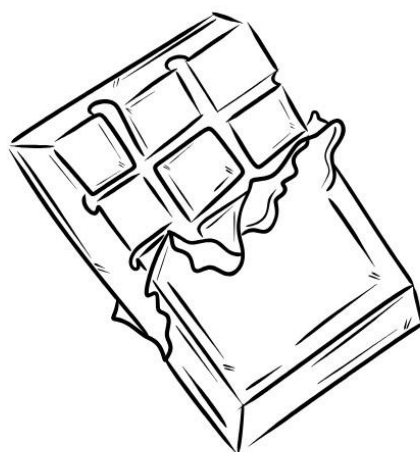
KALALIHA, BURGER, LIHA, MUNAD, VUTIMUNA, KREVETID, SINIMEREKARBID

TOIDURASVAD JA ÕLIVILJAD



AVOKAADO, OLIIVID, MAAPÄHKLID,
PISTAATSIAPÄHKLID, ÕLI, VÕI

SOOLASED JA MAGUSAD NÄKSID



KÜPSETISED, ŠOKOLAAD, KRÖPSUD, SOOLANE/MAGUS SAIAKE, LIMONAAD, KOMMID