

# Èske w te konnen?

## CHWA KI PI SEN AK DIMANSYON PWÒPÒSYON YO ENPÒTAN TOU.

**Blan poul  
griye**  
3 oz.



Anwiwon 100 kalori

**Diri mawon/  
konplè**



Anwiwon 100 kalori

**Salad/  
zaboka**  
1 bòl



Anwiwon 150 kalori  
(ak yon ti kras vinegrèt)

**Legim  
kwit**  
1/2 bòl



Anwiwon 40 kalori

**Fwi  
(Mango)**  
Youn



Anwiwon 200 kalori

(Egzanp dejene oswa dine)



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*Bòn alimantasyon, vi aktiv*

