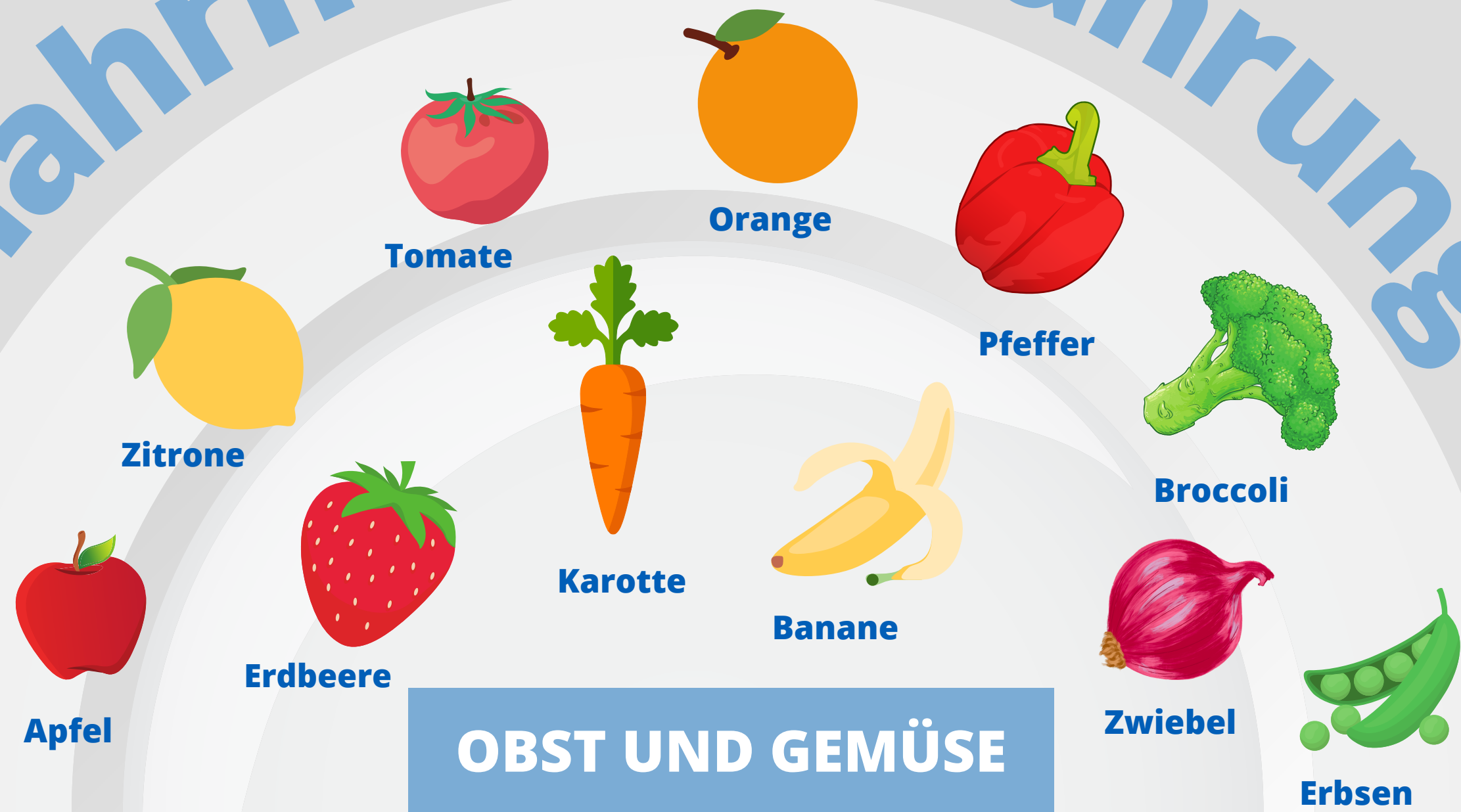




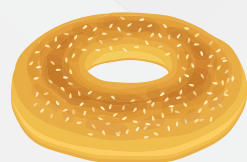
nährhafte Ernährung



Nudeln



Reis



Bagel



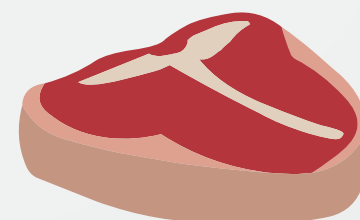
Brot



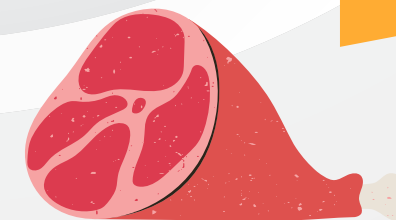
Muffin

GETREIDE

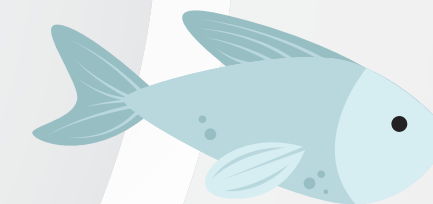
EIWEIß



Rindfleisch



Schweinefleisch



Fisch



Eier



Käse

