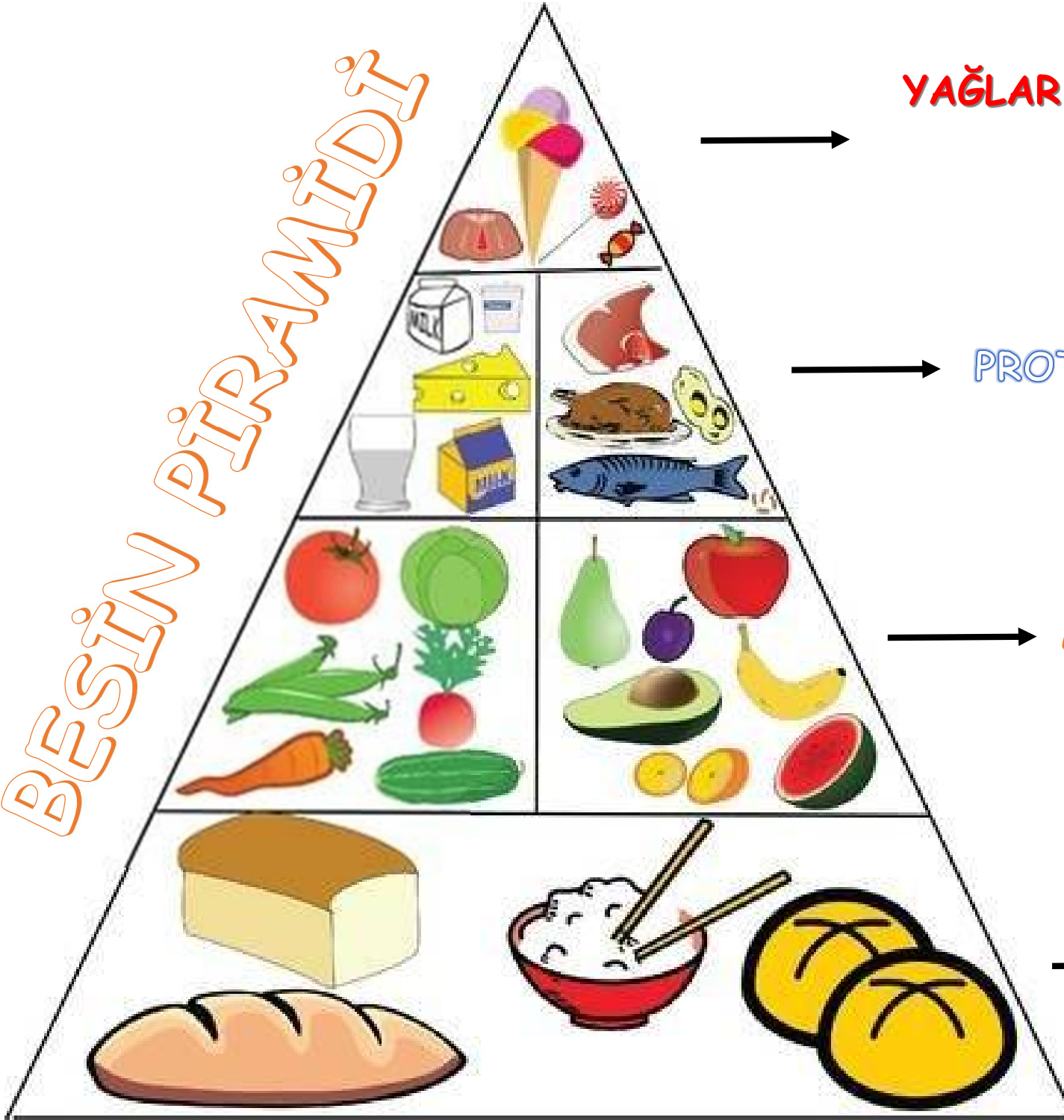


# BESİN PİRAMİDİ



YAĞLAR & TATLILAR

PROTEİN & SÜT ÜRÜNLERİ

MEYVELER & SEBZELER

TAHILLAR

# BESİNLER TABAĞI

