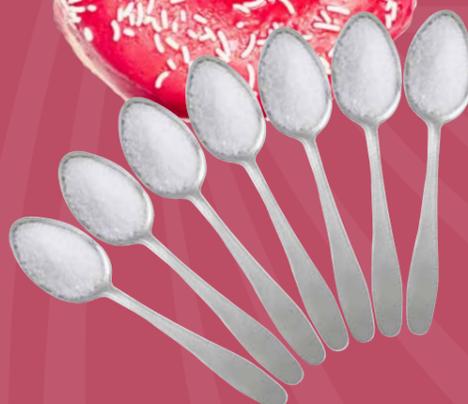
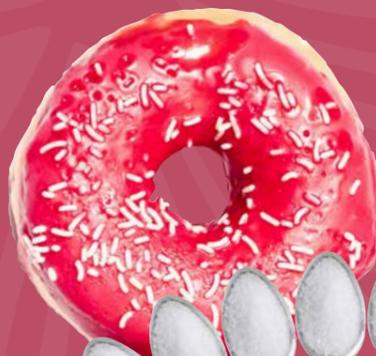
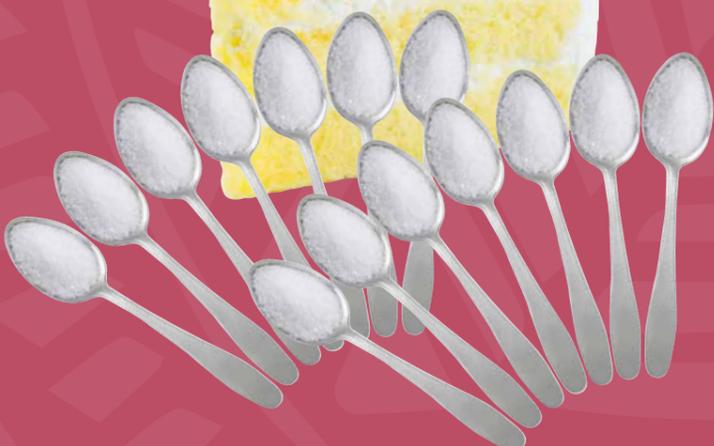




Que trouve-t-on dans nos aliments ?

Des sucres cachés...



1 CUILLÈRE À CAFÉ  
DE SUCRE =  
5 GRAMMES

