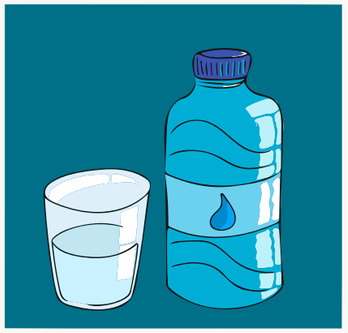
EL PLAT SALUDABLE



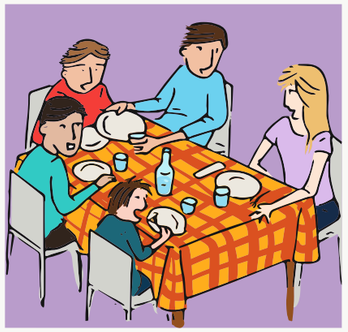
AIGUA

Beguda habitual

CUINAU

al forn,
al vapor,
a la planxa,
cuinats o estofats

Evitau fregits i precuinats

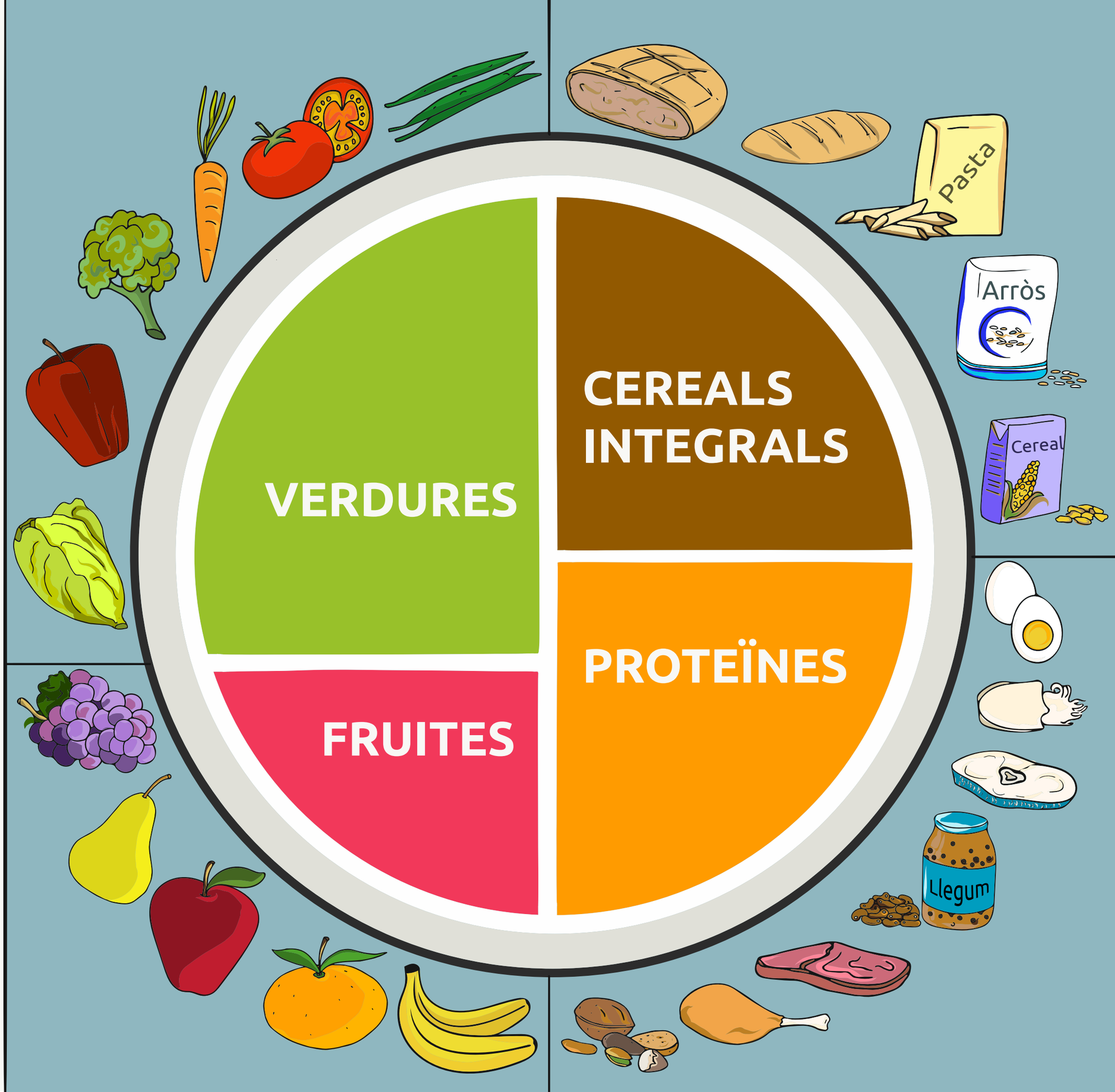


MENJAU EN COMPANYIA

Sense distraccions (mòbil, televisió, tauleta...)

ALIMENTS LOCALS

De temporada i frescos

OLI D'OLIVA

Per cuinar i per trempar en cru