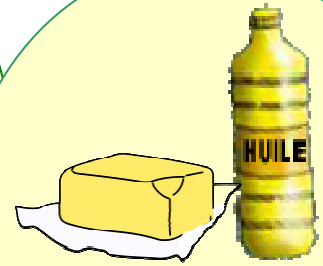
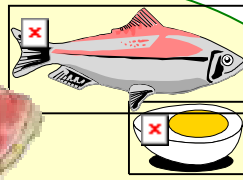
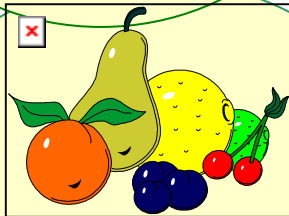


**LEGUMES FRAIS  
et SURGELES**  
(sauf plats cuisinés  
du commerce)

**VIANDES, POISSONS, ŒUFS  
FRAIS et SURGELES**  
(sauf plats cuisinés  
du commerce)

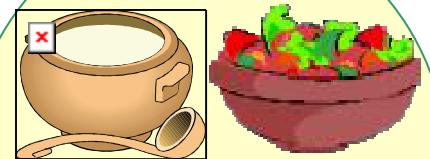


**MATIERES GRASSES**  
Huile, margarine,  
beurre doux,  
crème fraîche



**FRUITS**  
Frais, au sirop, compote,  
fruits secs

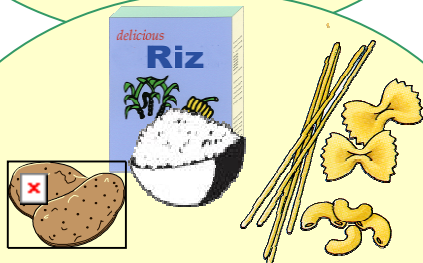
**Aliments  
pauvres  
en sel**



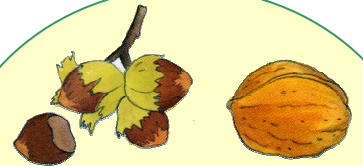
**PLATS CUISINES  
MAISON**  
Toute préparation  
sans sel ajouté  
Soupe maison



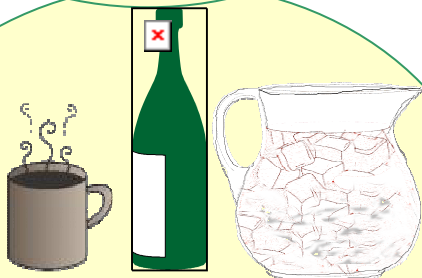
**LAITAGES**  
Lait, yaourt,  
crème dessert, glace



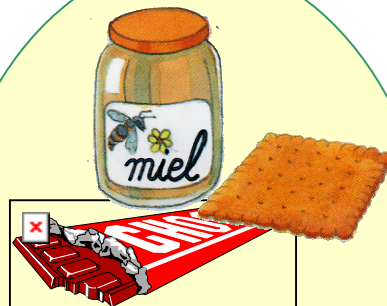
**CEREALES - FECULENTS**  
Pâtes, riz, pommes de terre,  
semoule, légumes secs,  
Pain et biscottes  
sans sel



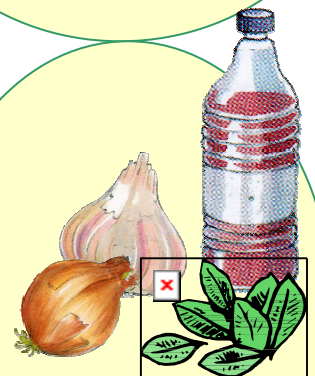
**OLEAGINEUX**  
Cacahuètes, noix,  
noisettes, amandes natures



**BOISSONS**  
Eaux plates, certaines eaux gazeuses  
(Na+ < 50 mg/l) : Perrier, Salvetat,  
San Pellegrino  
Thé, café, infusion



**SUCRE ET  
PRODUITS SUCRES**  
Chocolat,  
pâtisseries maison,  
biscuits boudoirs,  
paille d'or,  
pâtes de fruit,  
confiture, miel



**AROMATES**  
Epices,  
fines herbes,  
vinaigre