

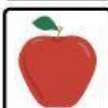
# Os nutrientes

Coloca os diferentes alimentos onde corresponda:



Proteínas

Hidratos



Graxas

Vitaminas  
Minerais



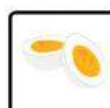
Proteínas

Hidratos



Graxas

Vitaminas  
Minerais



Proteínas

Hidratos



Graxas

Vitaminas  
Minerais



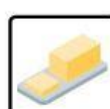
Proteínas

Hidratos



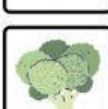
Graxas

Vitaminas  
Minerais



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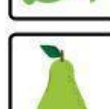
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Vitaminas  
Minerais



Proteínas

Hidratos



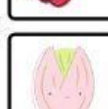
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