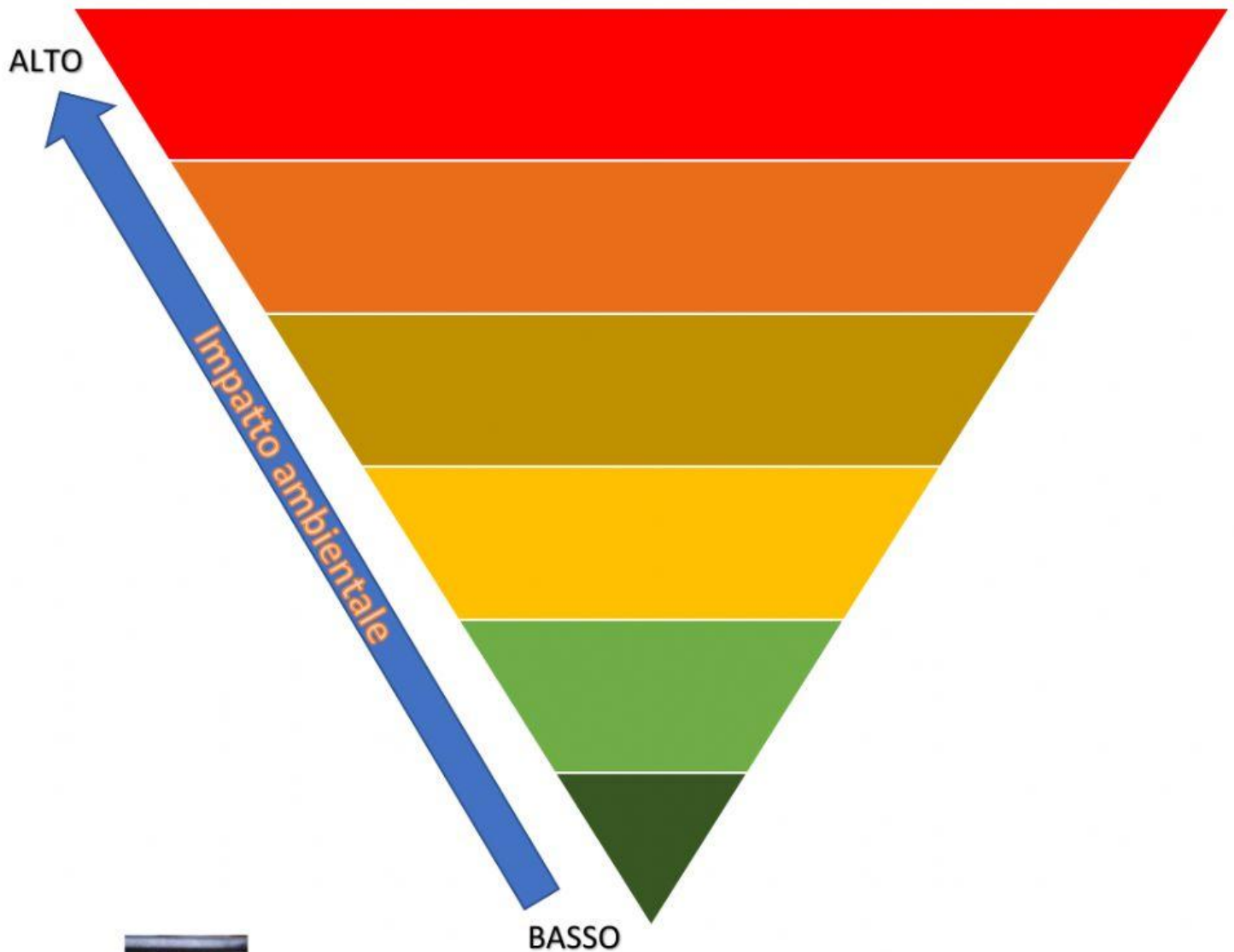


# Piramide ambientale



CARNE ROSSA



FRUTTA E VERDURA



PESCE E FORMAGGIO



LEGUMI, FRUTTA SECCA, UOVA



CARNE BIANCA, OLIO



DOLCI, BISCOTTI, LATTE, YOGURT, PANE, PASTA, RISO