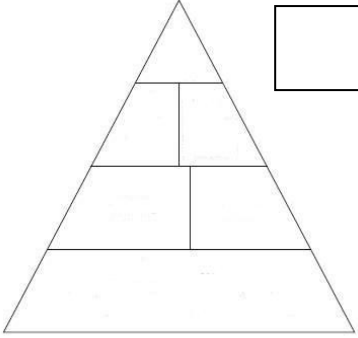
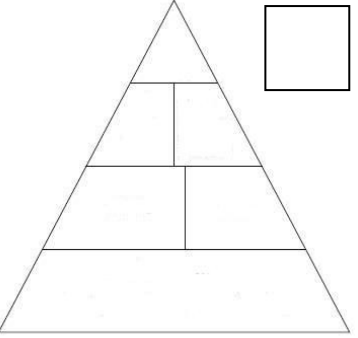
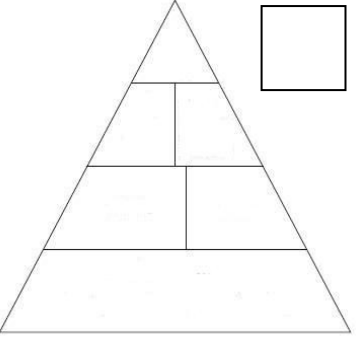
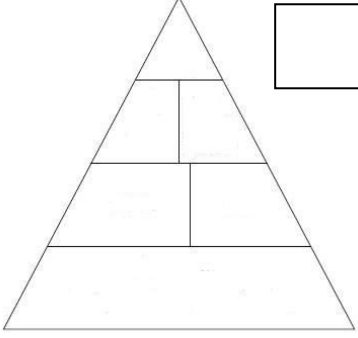
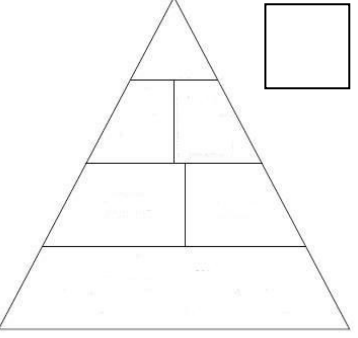
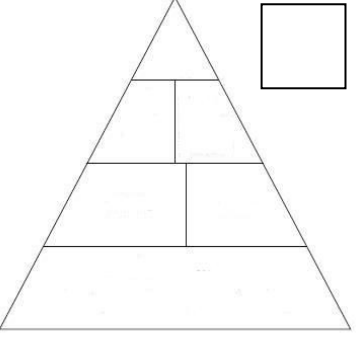
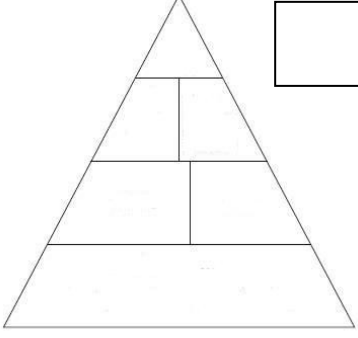
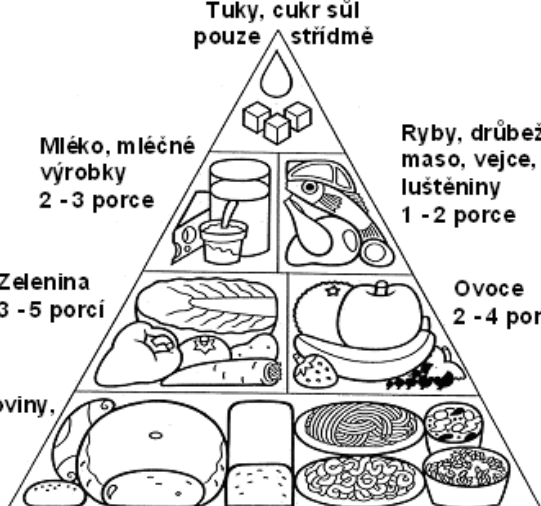


ZÁZNAM STRAVY A POHYBOVÉ AKTIVITY

<p>1.den</p>  <p>pohyb:</p>	<p>2.den</p>  <p>pohyb:</p>	<p>3.den</p>  <p>pohyb:</p>
<p>4.den</p>  <p>pohyb:</p>	<p>5.den</p>  <p>pohyb:</p>	<p>6.den</p>  <p>pohyb:</p>
<p>7.den</p>  <p>pohyb:</p>	 <p>Tuky, cukr sůl pouze / střídmě</p> <p>Mléko, mléčné výrobky 2 - 3 porce</p> <p>Ryby, drůbež, maso, vejce, luštěniny 1 - 2 porce</p> <p>Zelenina 3 - 5 porcí</p> <p>Ovoce 2 - 4 porce</p> <p>Obilniny, těstoviny, rýže, pečivo 3 - 6 porcí</p>	