

SÜT GRUBU



1 Kase

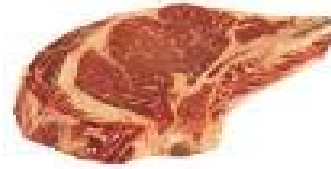


1 Bardak



1 Kibrit kutusu kadar

ET GRUBU



KURUBAKLAGİL GRUBU



4-5 Yemek kaşığı

SEBZELER (A GRUBU)



SEBZELER (B GRUBU)



MEYVE GRUBU (1)



1 ADET

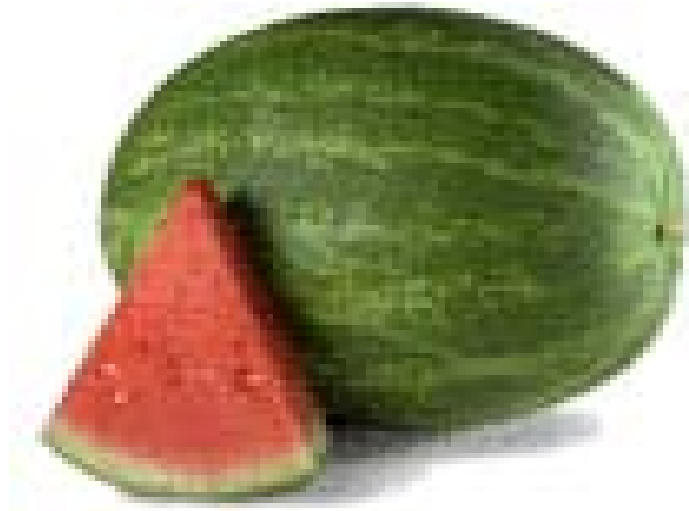


MEYVE GRUBU (2)



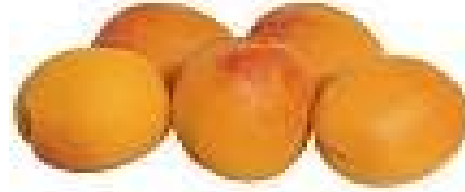
1 SU BARDAĞI DOLUSU

MEYVE GRUBU (3)



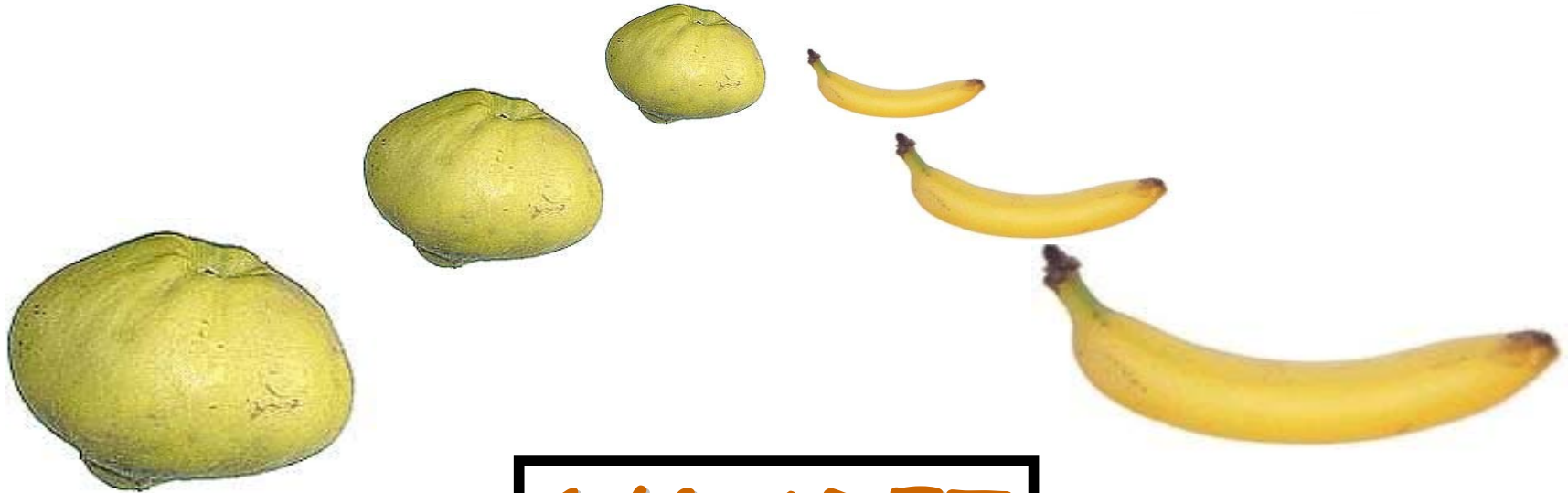
1 İNCE DİLİM

MEYVE GRUBU (4)



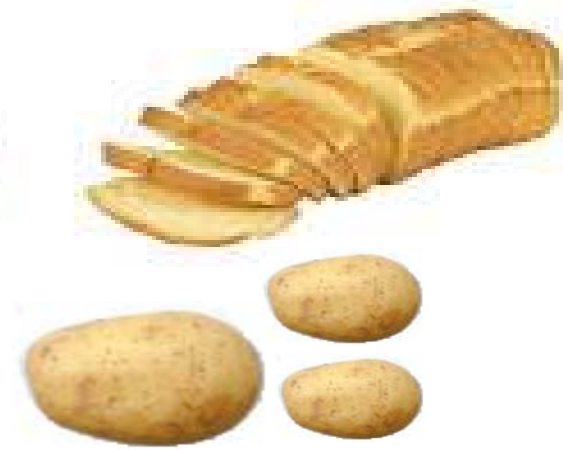
3-5 ADET

MEYVE GRUBU (5)

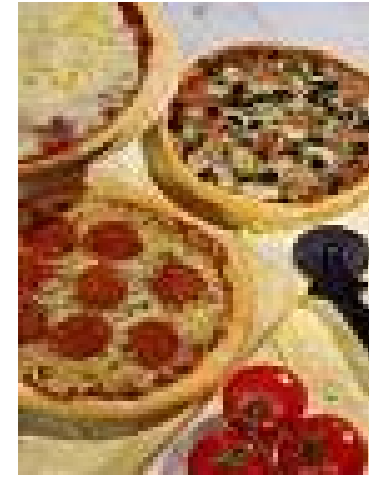


1/4 ADET

TAHİL GRUBU-1



TAHİL GRUBU-2



YAĞ GRUBU



YAĞ ve YAĞLI BESİNLER

