

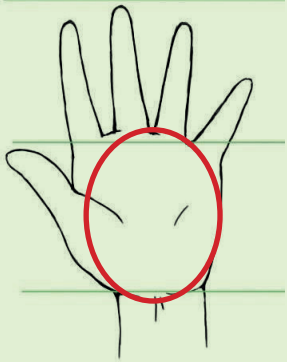


M'Ta Diet
Expert en perte de poids

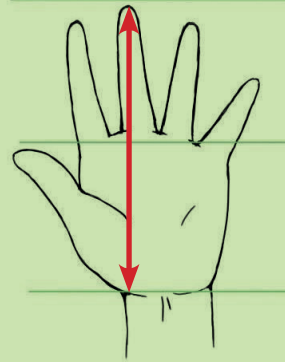


Fiches Conseils - Repères Portion

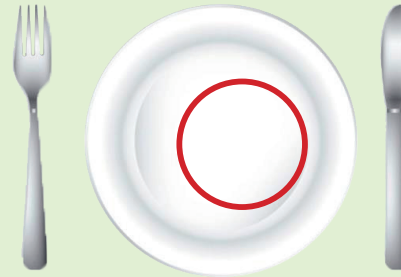
1 Portion de pain tranché
(complet, aux céréales etc...)
= 4 tranches de ce format ≈ 80 gr



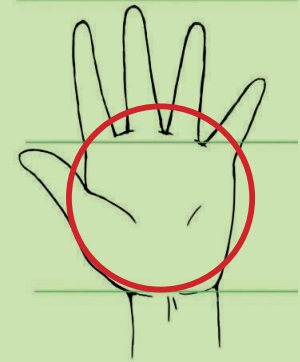
1 Portion de pain Baguette
= 1/3 de baguette ≈ 80 gr



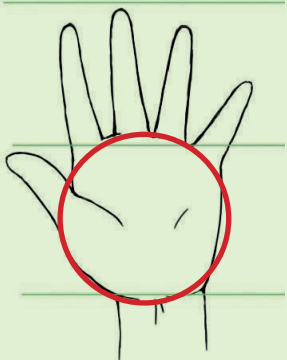
1 Portion de Féculents cuits
= 120 gr = 1/4 d'assiette plate



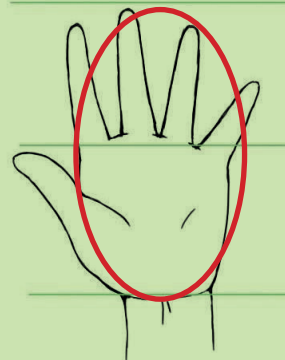
1 Portion de Fruit
= la taille du poing = 120 gr



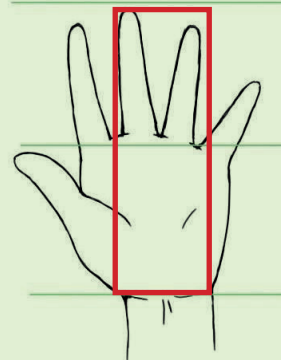
1 Portion de Viande Rouge
= la taille d'un steak haché = 100gr



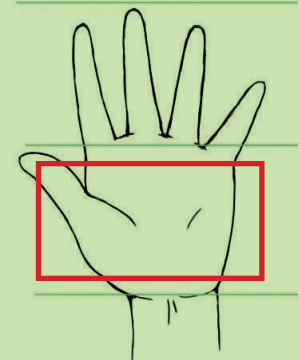
1 Portion de Viande Blanche
= une escalope fine = 120 gr



1 Portion de Poisson Blanc
= 1 filet = 200 gr



1 Portion de Poisson Gras
= 1 pavé = 150 gr

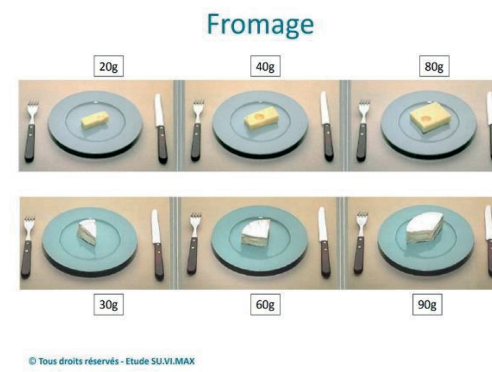
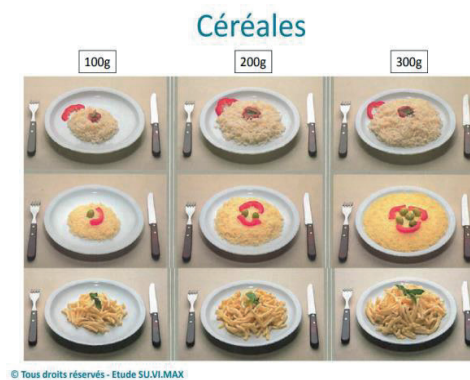
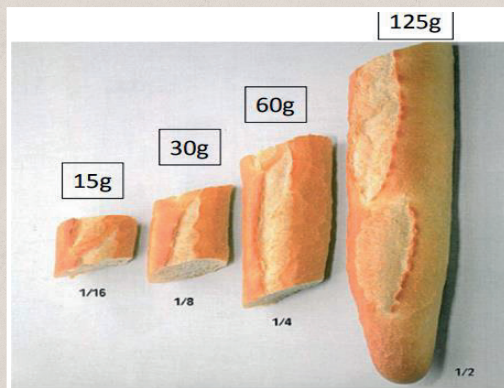


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Fiches Conseils - Repères Portion



1 portion de produits Laitiers
= 1 Pot de Yaourt = 125 gr
Ou 3 càs de fromage blanc = 100gr



2 Petits suisses = 120 gr



1/8 de Camembert = 30 gr

