



Gruyère râpé
2 càs (20 g)



Lait entier
en poudre



200 ml



1 portion (12 g)



Crème dessert



Lait entier 200 ml



125 g



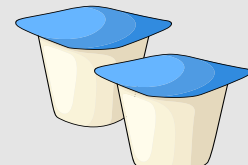
100 g



1 Yaourt



1 Fromage blanc



2 petits suisses

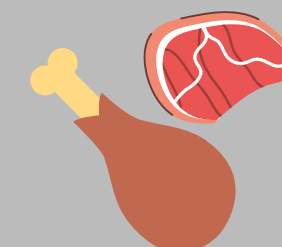


150 g

Légumes secs



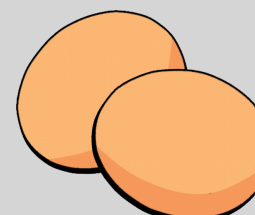
1 CNO lacté
200 ml



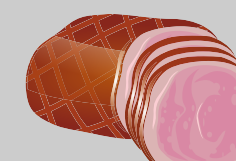
Viande,
100 g



Sardine
thon
50 g



2 œufs



2 tranches de
jambon blanc



Poisson
100 g



1 portion
fromage fondu



Camembert 30g



Comté 30g

0,5 P

3 g

1 P

6 g

2 P

9 g

3 P

12 g

4 P

15 g

5 P

18 g

6 P

21 g

7 P

24 g

8 P



équivalent à 3g de protéines