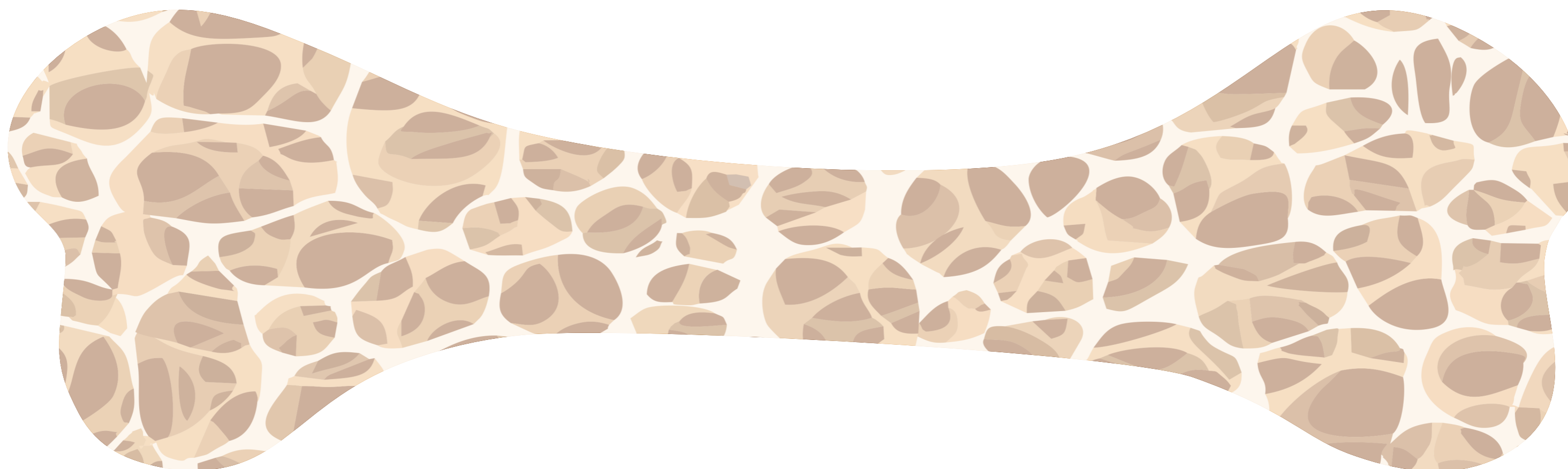


PRO ZDRAVÉ KOSTI JE TŘEBA NEJEN VÁPŇÍK, ALE TAKÉ VITAMÍN D,



který je obsažen v těchto potravinách:



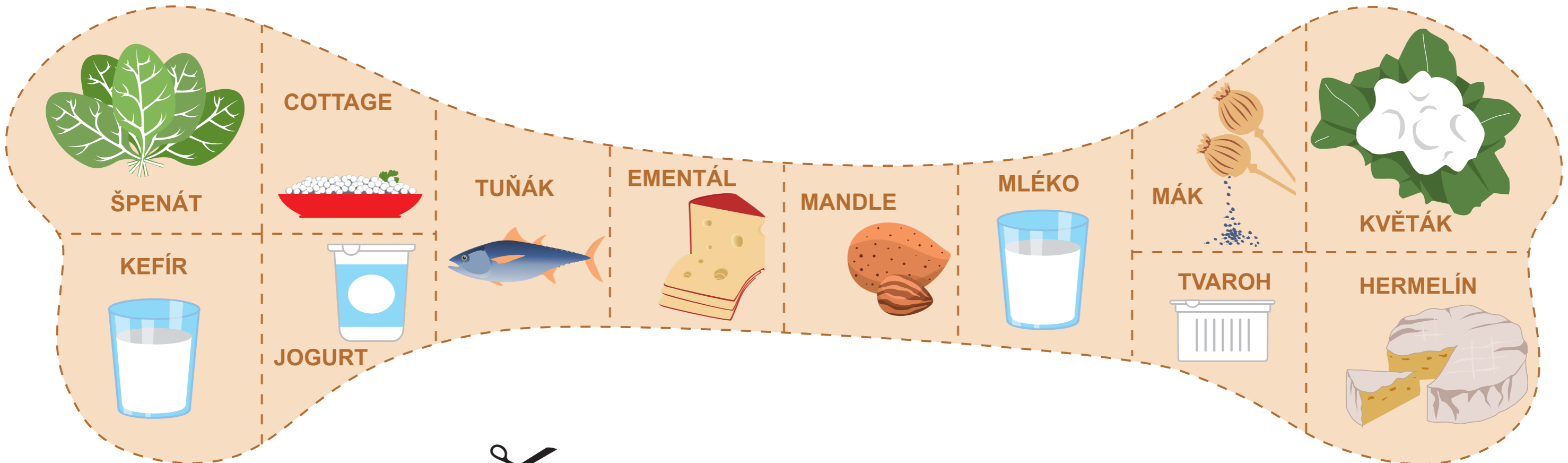
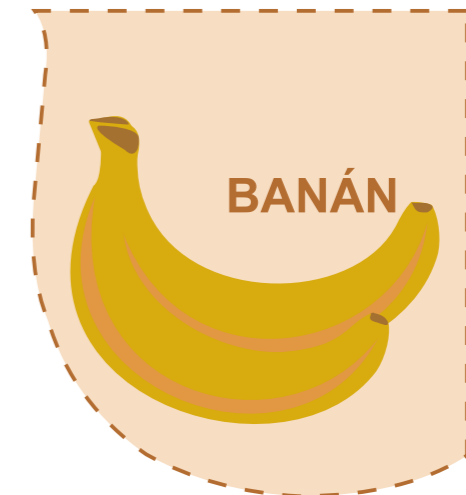
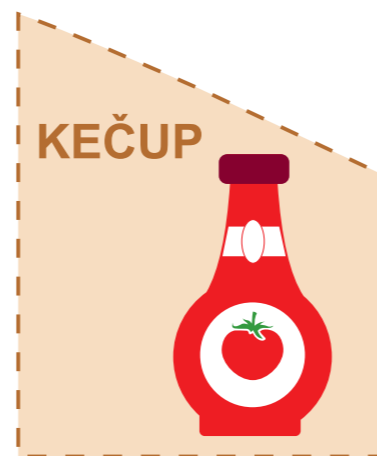
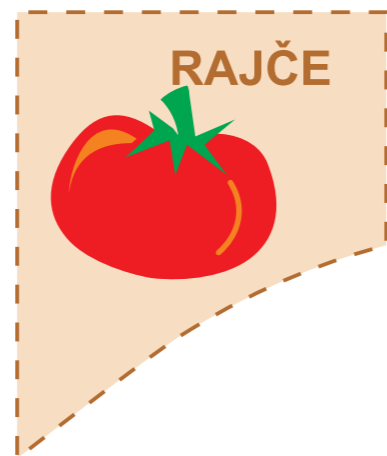
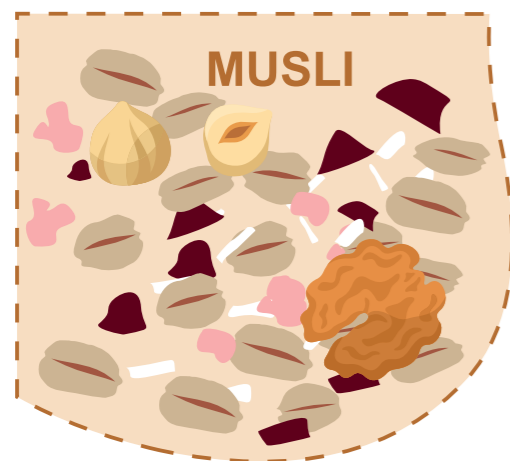
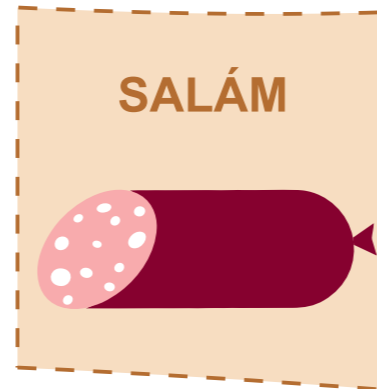
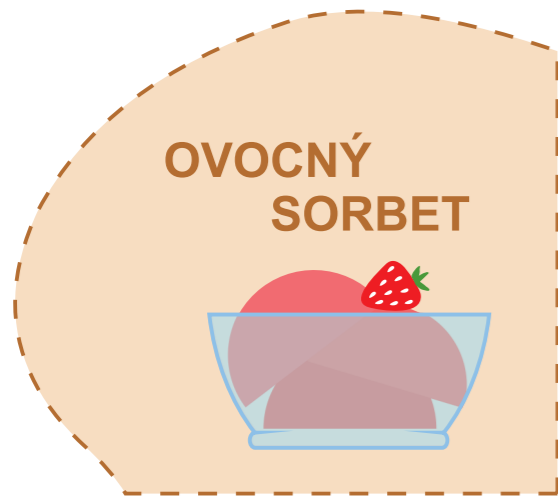
V České republice
osteoporózou onemocní
ve věku **nad 50 let** každá **3.** žena,

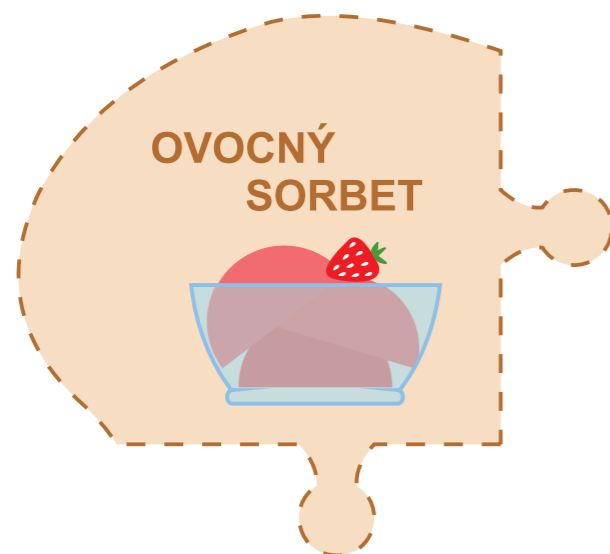


každý **5.** muž.



větší matoucí dílky! a bez zámečků

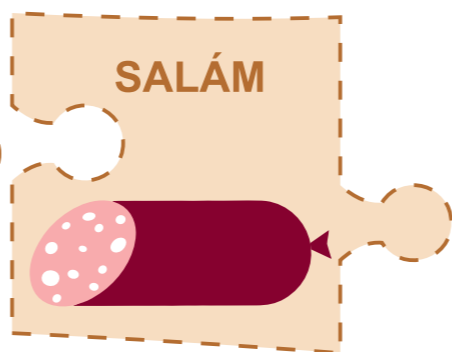




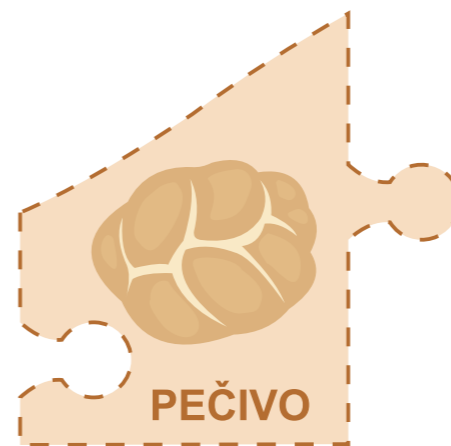
OVOCNÝ SORBET



PAPRIKA



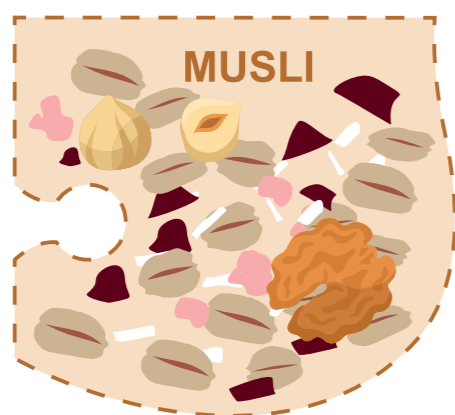
SALÁM



PEČIVO



HRANOLKY



MUSLI



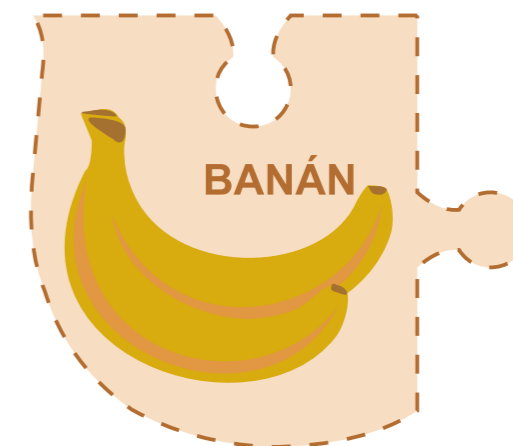
RAJČE



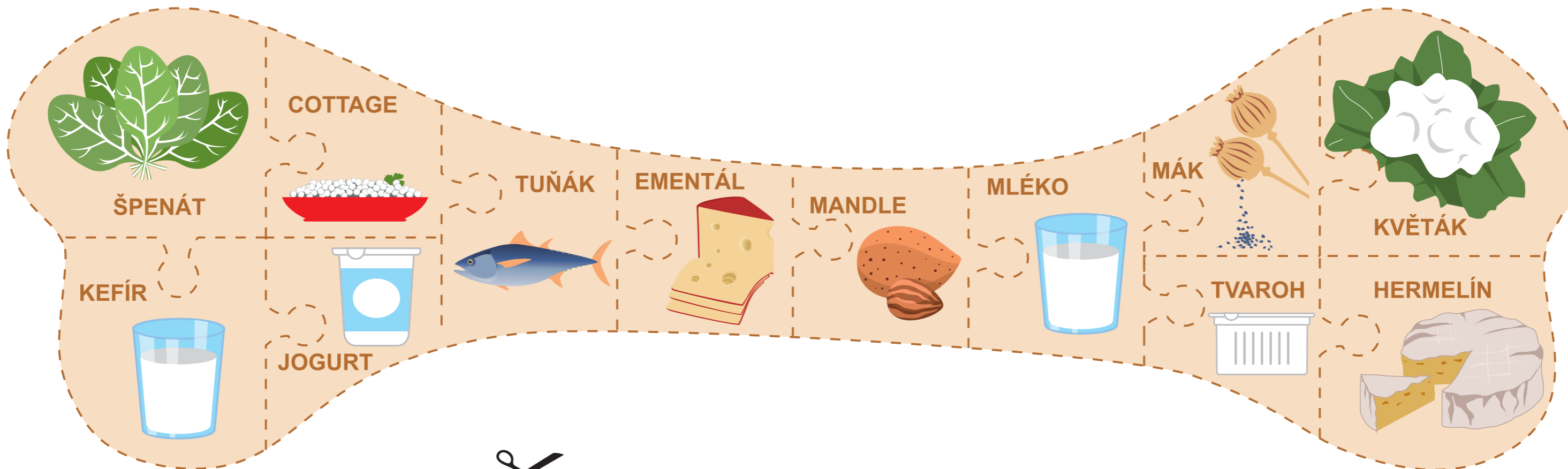
KEČUP



COLA



BANÁN

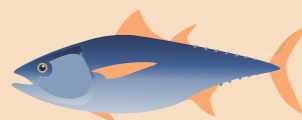


ŠPENÁT

COTTAGE



TUŇÁK



EMENTÁL



MANDLE



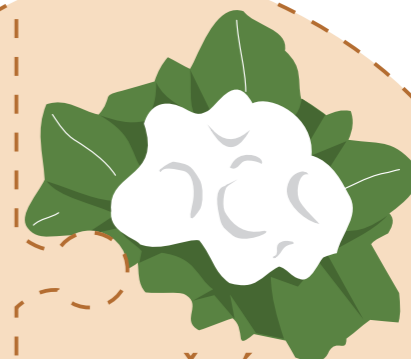
MLÉKO



MÁK



TVAROH



KVĚTÁK

HERMELÍN

