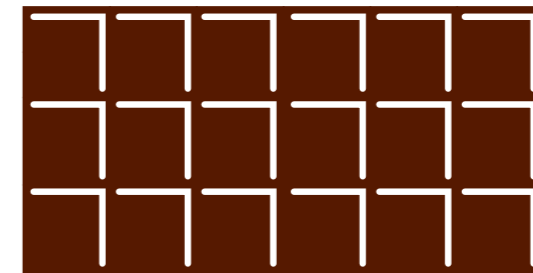


Jaké
potraviny
mozku
PROSPÍVAJÍ



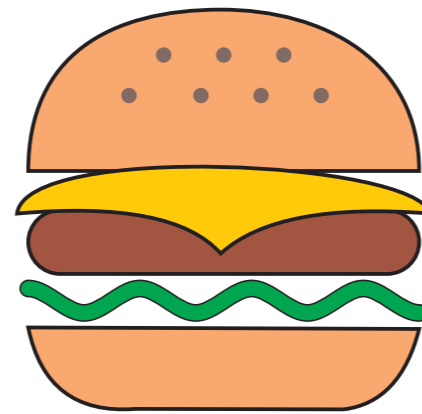
smažená jídla

70 a více % kakaá

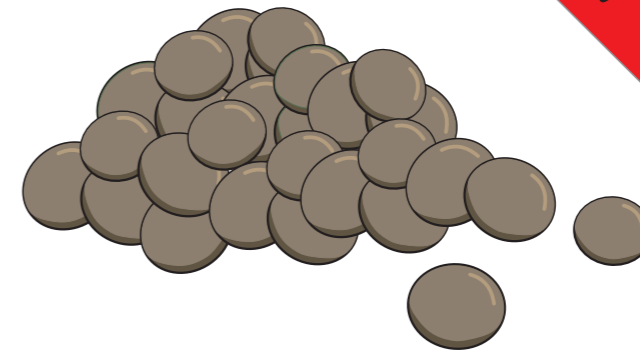


hořká čokoláda

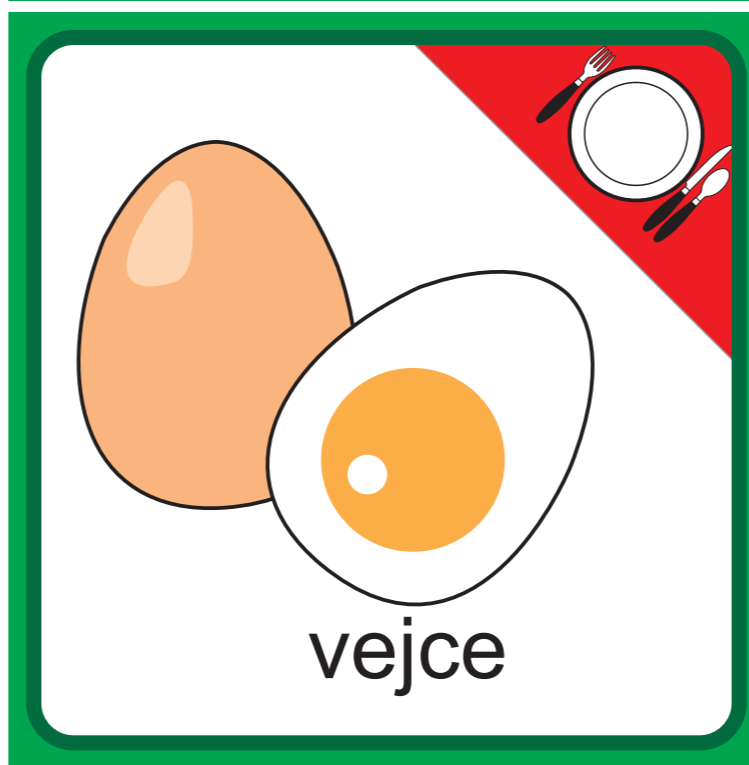
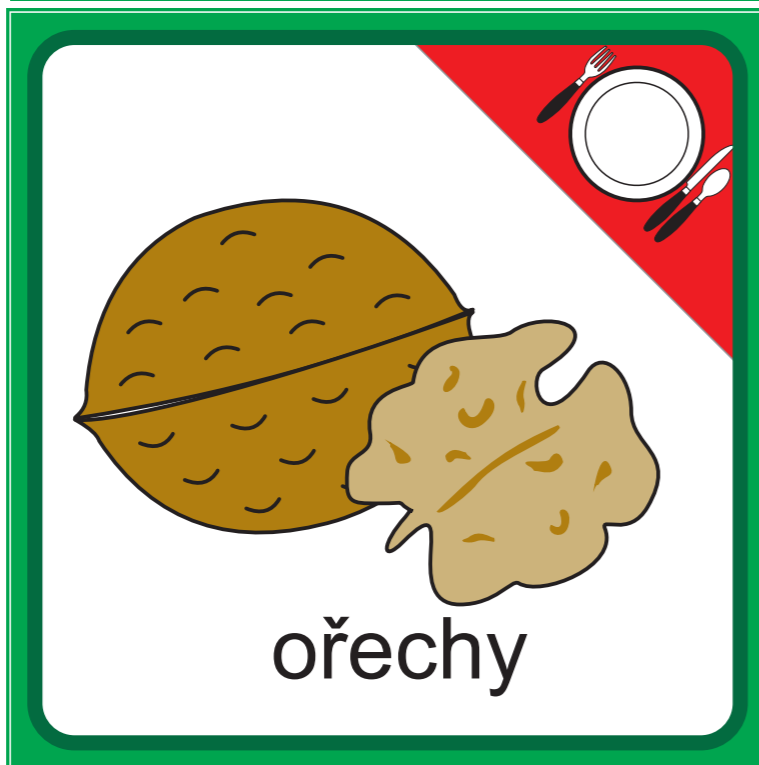
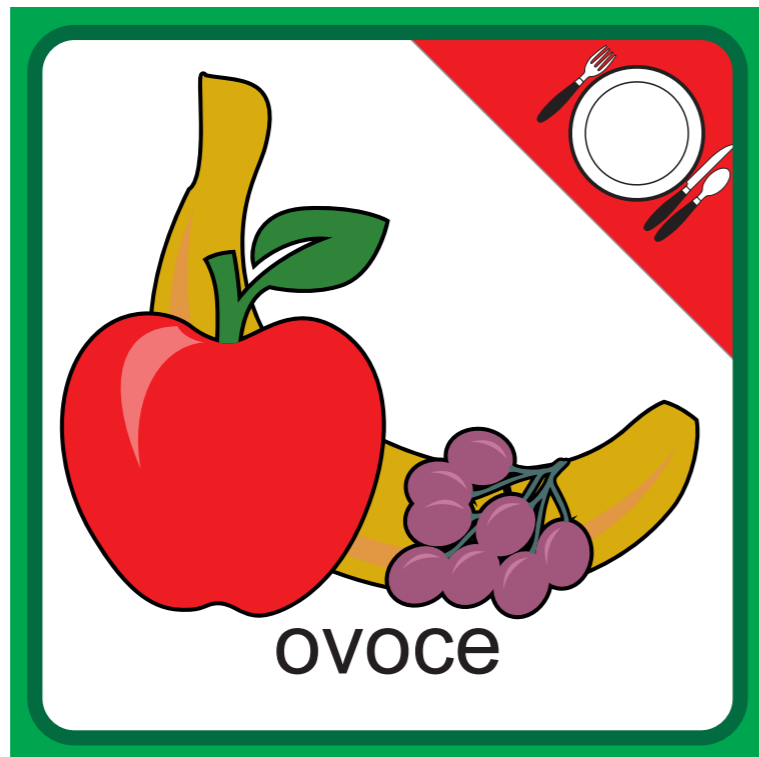
Jaké
potraviny
mozku
NEPROSPÍVAJÍ

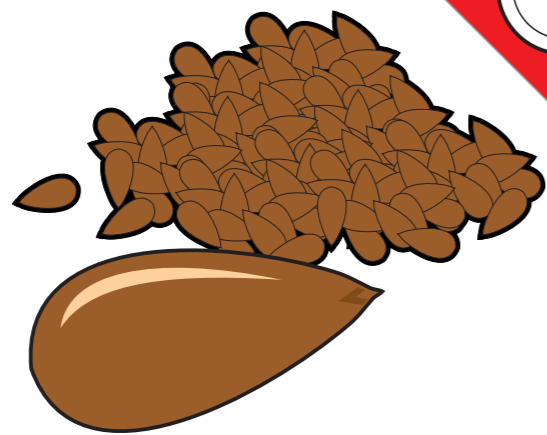


fast food

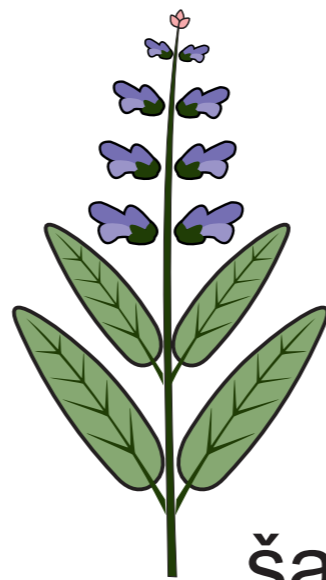


čočka

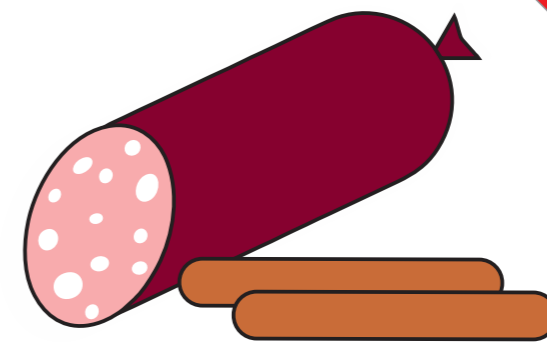




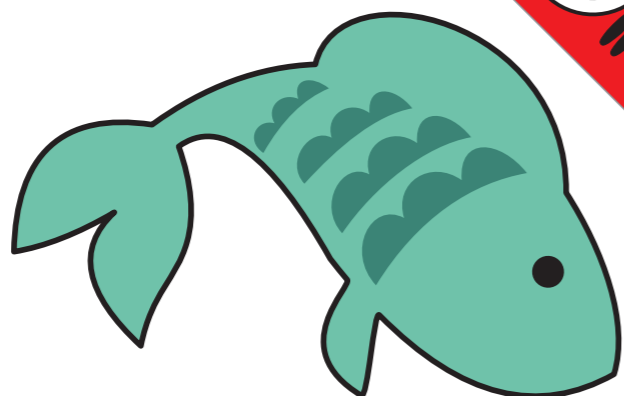
Iněné semínko



šalvěj



uzeniny



ryby



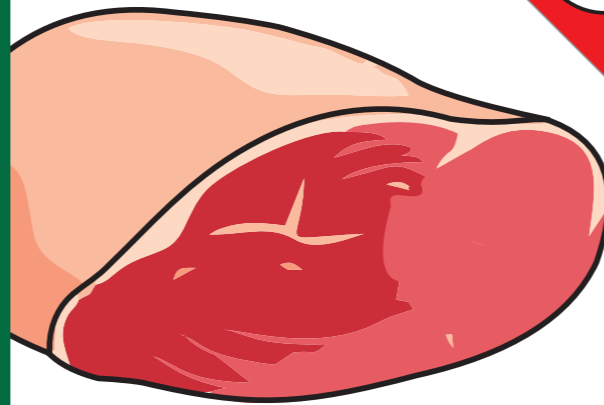
alkohol



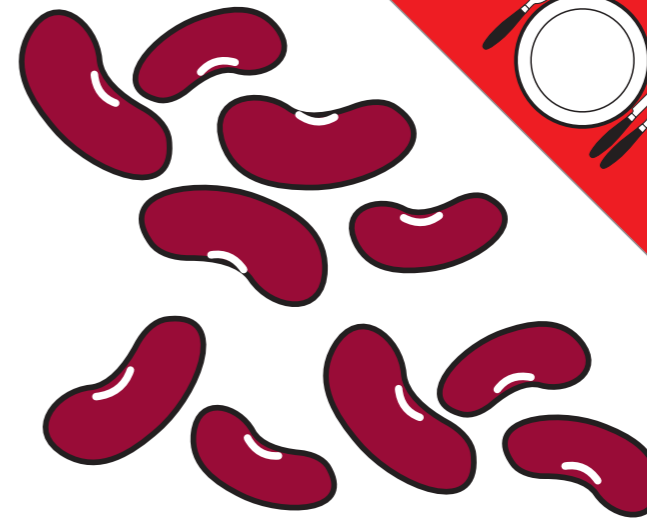
brokolice



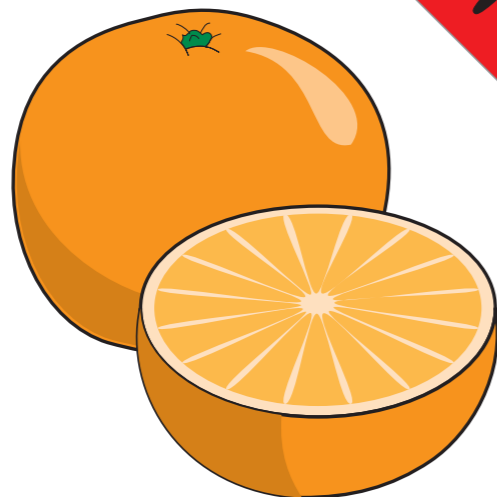
špenát



maso



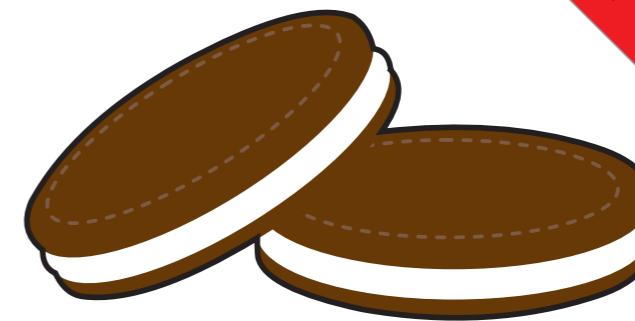
fazole



citrusy



čínské zelí



sušenky