

DES ASSIETTES fruitées AU FIL DES SAISONS

pour les enfants de 1-12 ans



MAYBE LESS SUGAR

DOUX MAI MOINS SUCRÉ



2 portions de fruits par jour, adaptées à l'âge de votre enfant.

1 an : 1 portion = 60 g
2 à 3 ans : 1 portion = 75 g
4 à 6 ans : 1 portion = 100 g
7 à 9 ans : 1 portion = 110 g
10 à 12 ans : 1 portion = 120 g

1 PORTION
de fruits

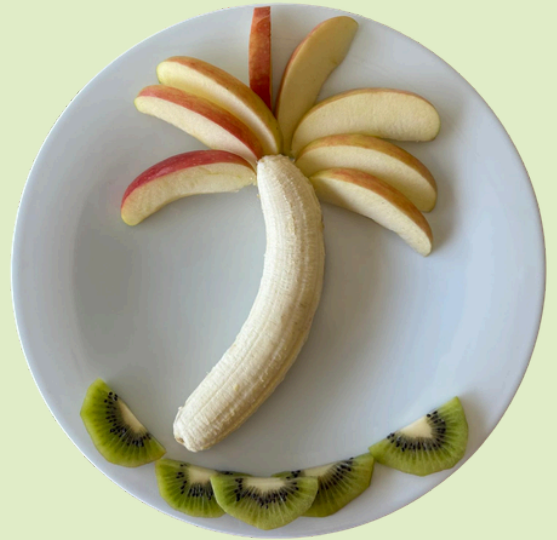


autant que la main
de votre enfant
peut en contenir.

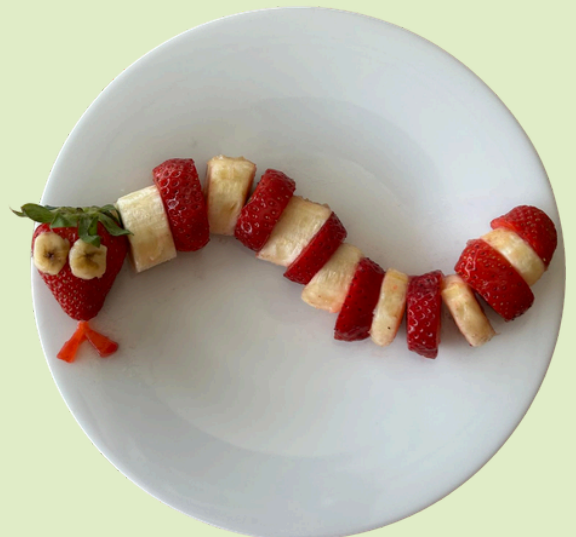


N. B. : Les portions présentées dans les images suivantes sont des exemples et peuvent être adaptées en fonction de l'âge et du nombre de personnes.

MAYBE
LESS SUGAR
DOUX MAI MOINS SUCRÉ



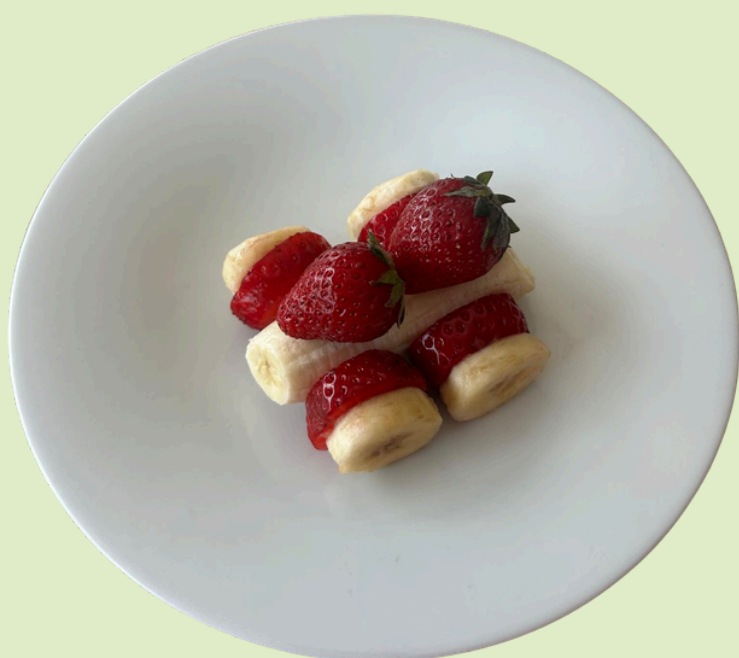
PRINTEMPS





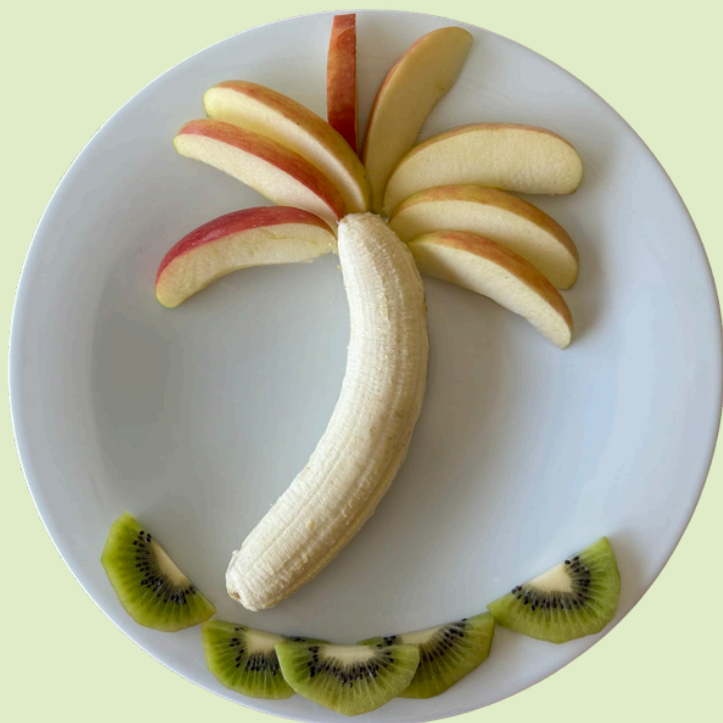
120g

$\frac{1}{4}$ banane
 $\frac{1}{2}$ kiwi
4 fraises



100g

$\frac{1}{2}$ banane
4 fraises



200g

1 banane
 $\frac{1}{2}$ pomme
 $\frac{1}{2}$ kiwi



120g

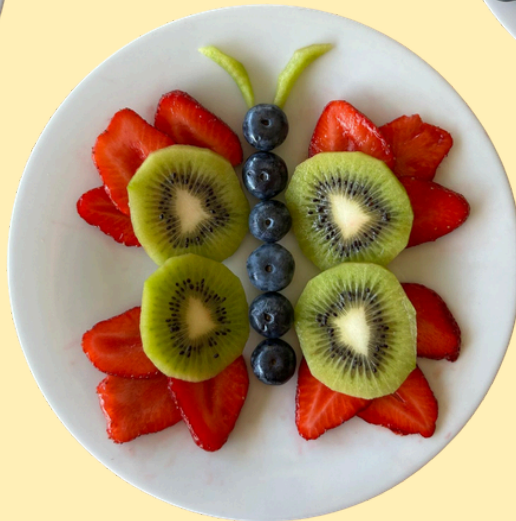
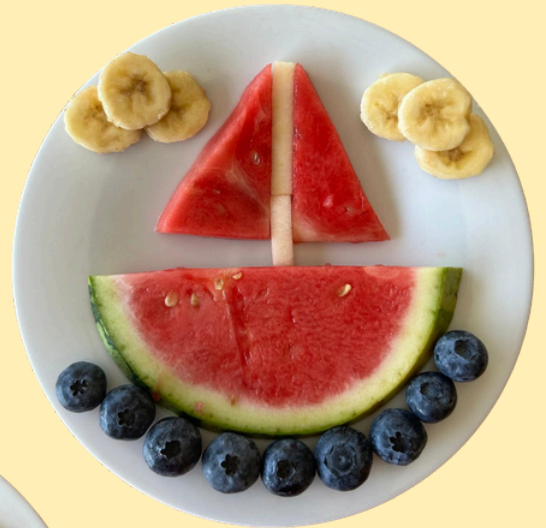
$\frac{1}{2}$ banane
4 fraises

MAYBE LESS SUGAR

DOUX MAI MOINS SUCRÉ



ÉTÉ



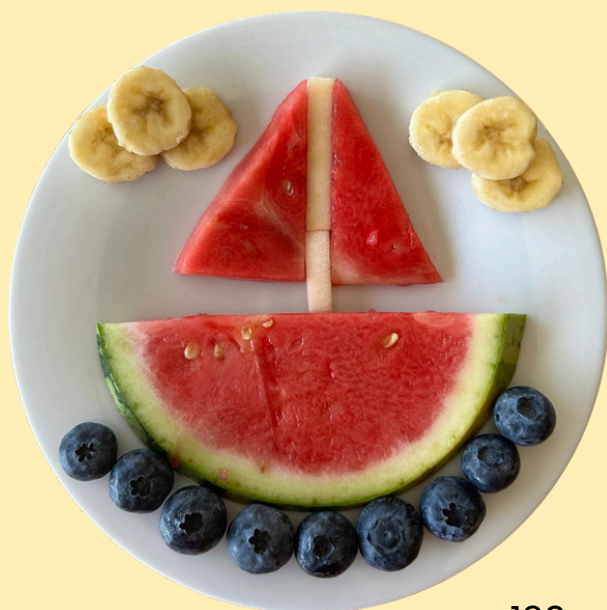
MAYBE LESS SUGAR

DOUX MAI MOINS SUCRÉ



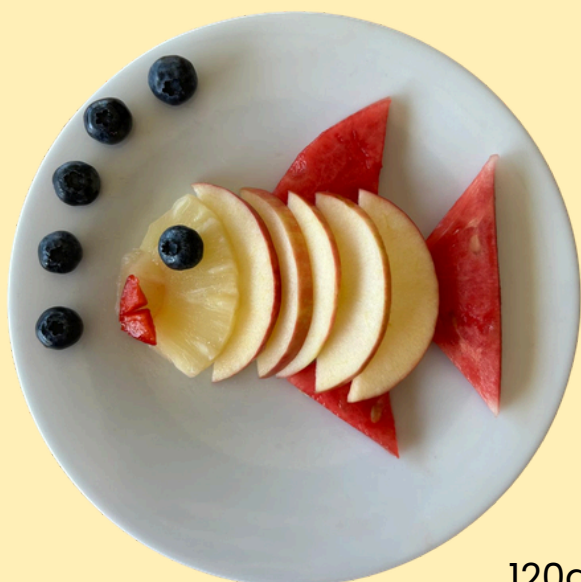
150g

1 tranche de kiwi
½ Fraise
½ Banane
Myrtilles



120g

Pastèque
¼ Banane
Myrtilles
Pomme



120g

Ananas
Pomme
Pastèque
Myrtilles



160g

1 banane
½ kiwi ou nectarine
2 fraises
2 Myrtilles



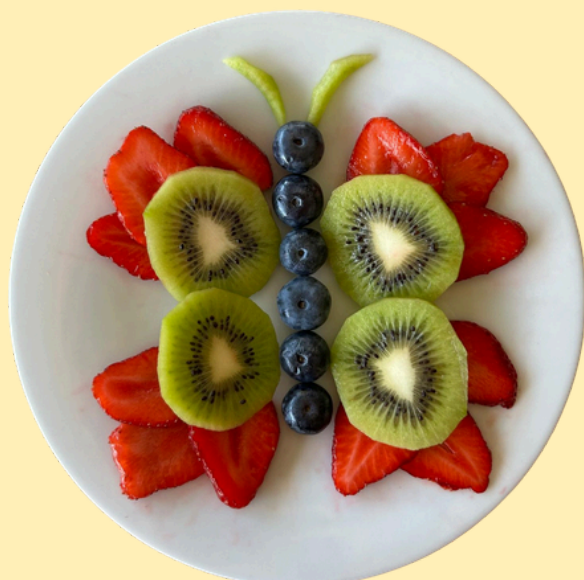
300g

Framboises
Myrtilles
Kiwi
Fraises
Banane



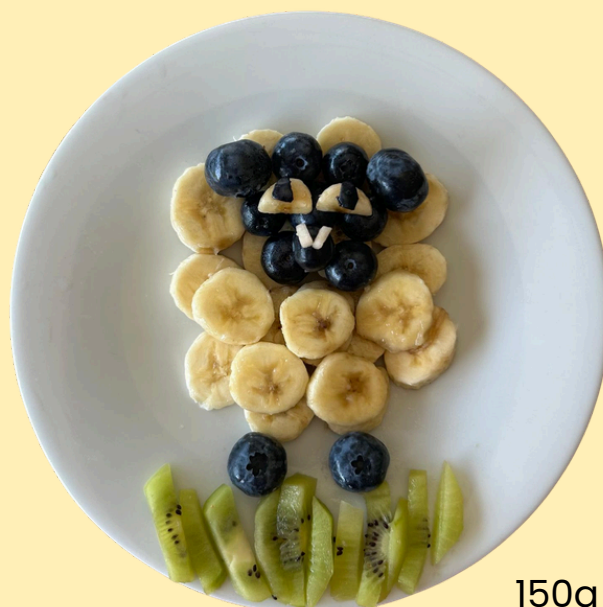
90g

5 Fraises
1 tranche Ananas
2 Myrtilles



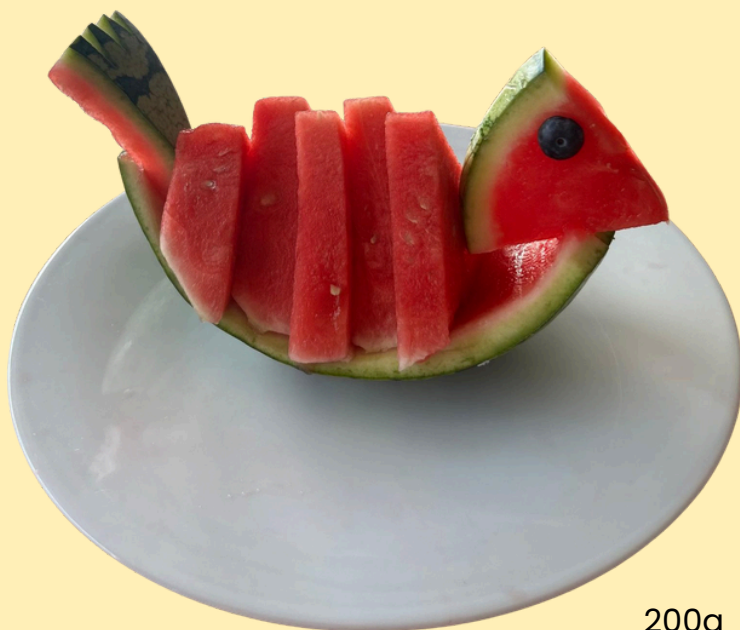
120g

1 Kiwi
6 Fraises
Myrtilles



150g

Myrtilles ou mûres
Banane
Kiwi



200g

Pastèque

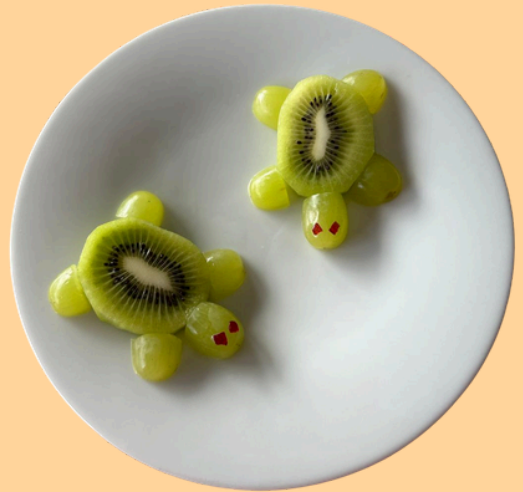
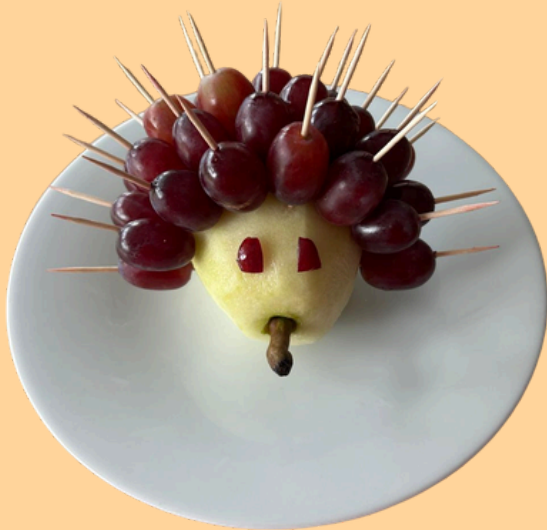


150g

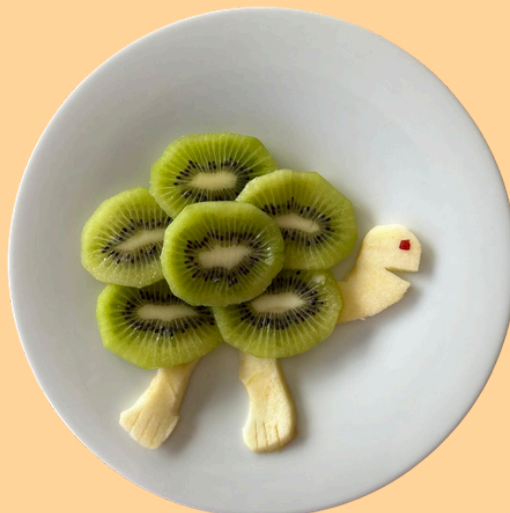
Myrtilles
Framboises
Kiwi
Fraises

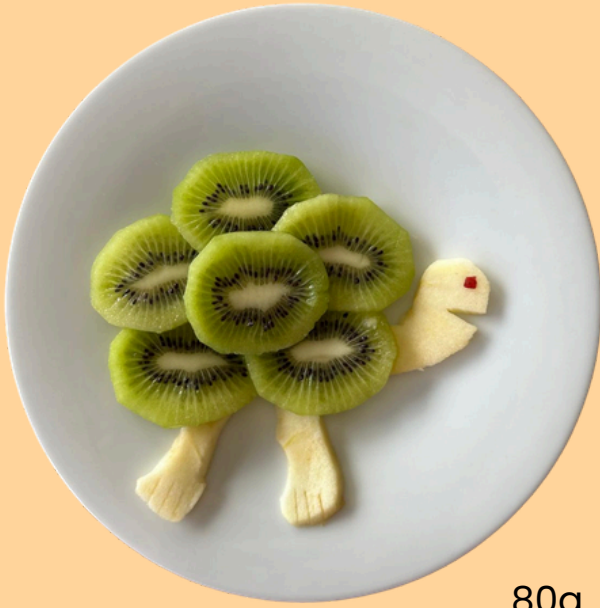
MAYBE LESS SUGAR

DOUX MAI MOINS SUCRÉ



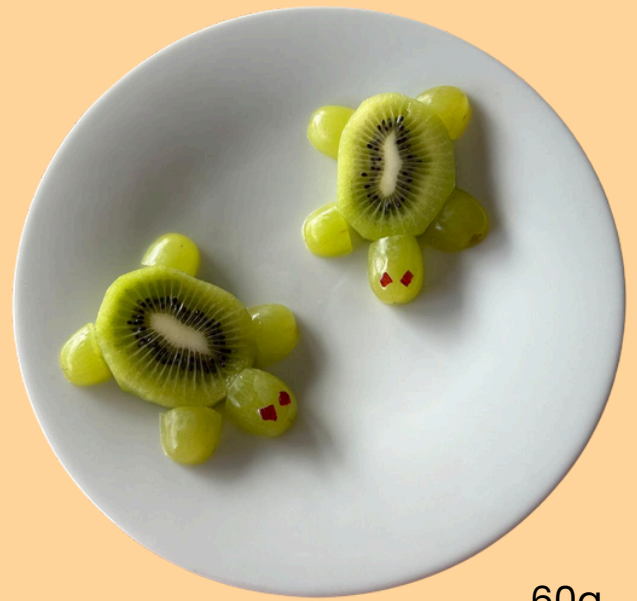
AUTOMNE





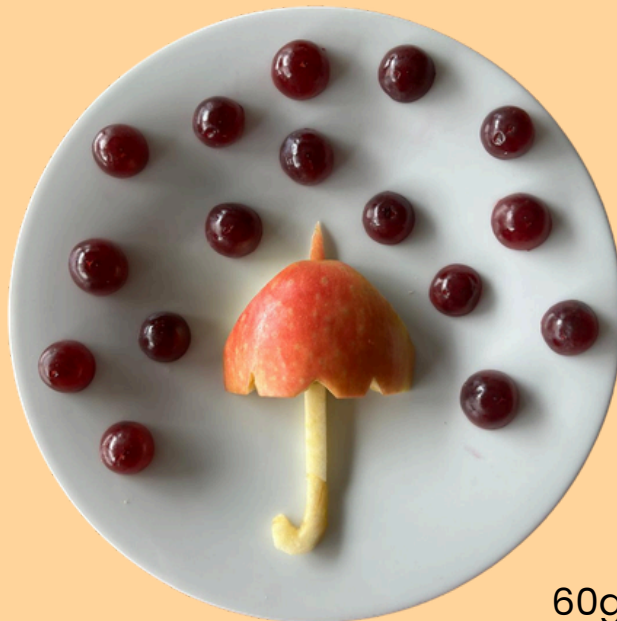
80g

1 Kiwi
2 tranches Pomme



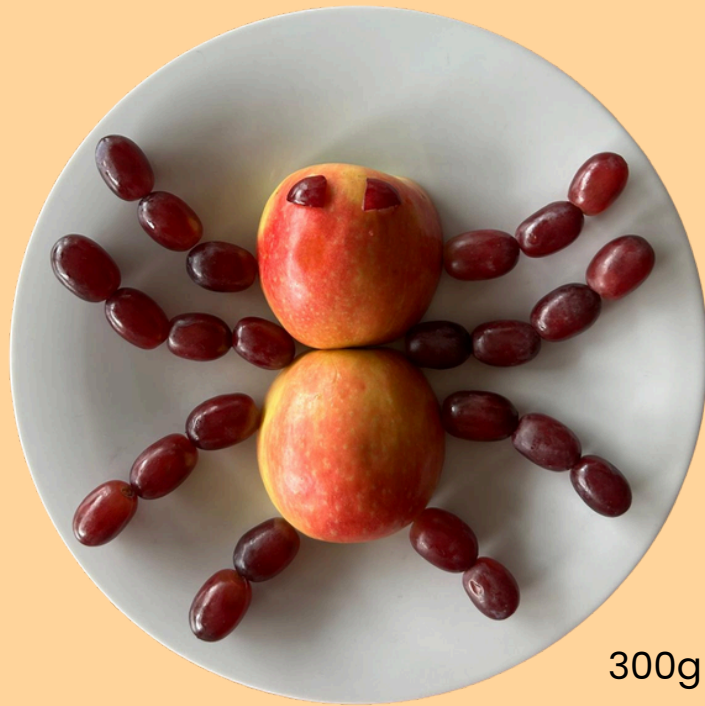
60g

½ Kiwi
6 Raisins



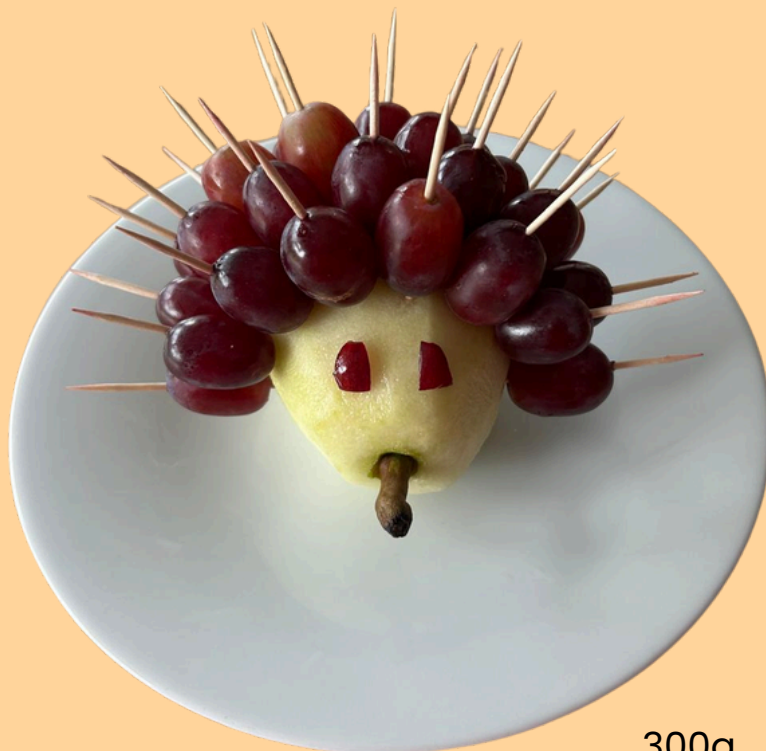
60g

⅓ Pomme
8-10 Raisins



300g

1 Pomme
24-30 Raisins



300g

1 Poire
25-30 Raisins

MAYBE LESS SUGAR

DOUX MAI MOINS SUCRÉ



HIVER





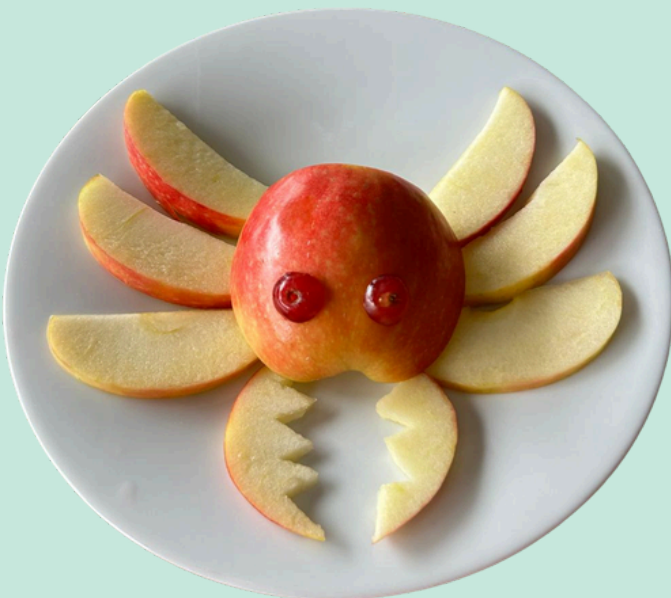
90g

1 Mandarine



200g

1 ½ Pomme
1 raisin



100g

1 Pomme



160g

2 Mandarines
1 tranche Orange
1 tranche Pomme