

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

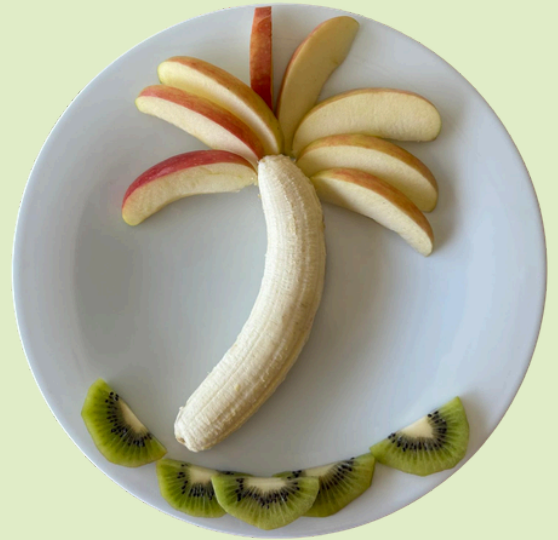
=

autant que la main
de votre enfant
peut en contenir.

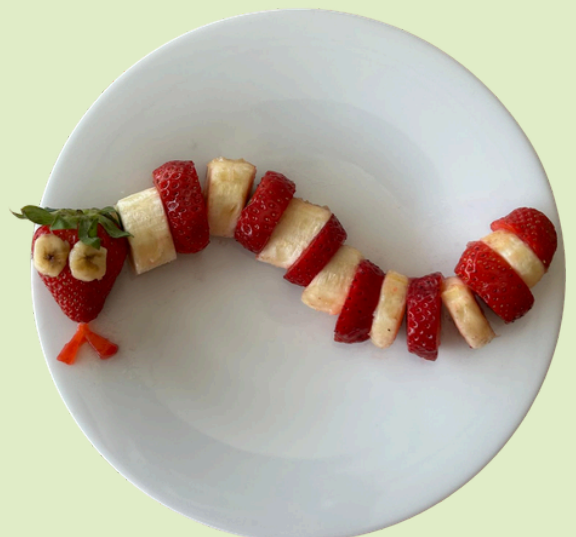


N. B. : Les portions présentées dans les images suivantes sont des exemples et peuvent être adaptées en fonction de l'âge et du nombre de personnes.

MAYBE
LESS SUGAR
DOUX MAI MOINS SUCRÉ



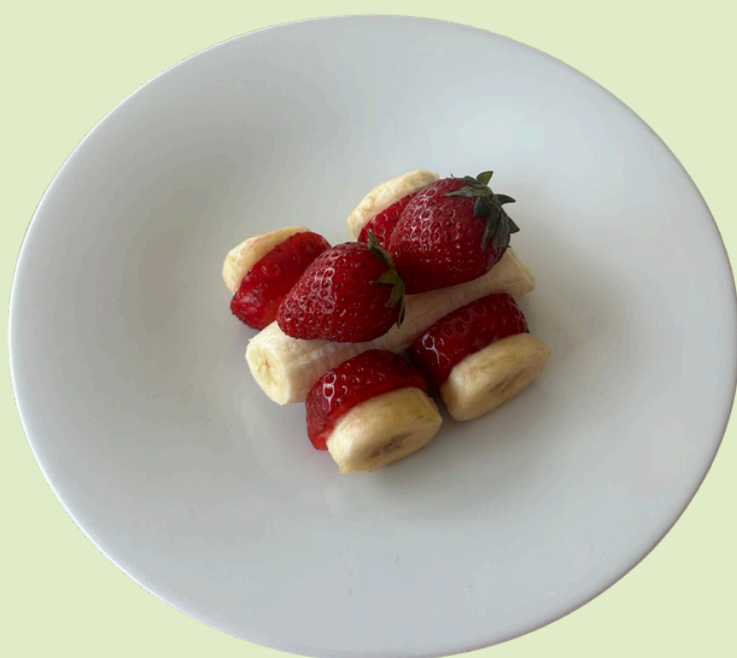
PRINTEMPS





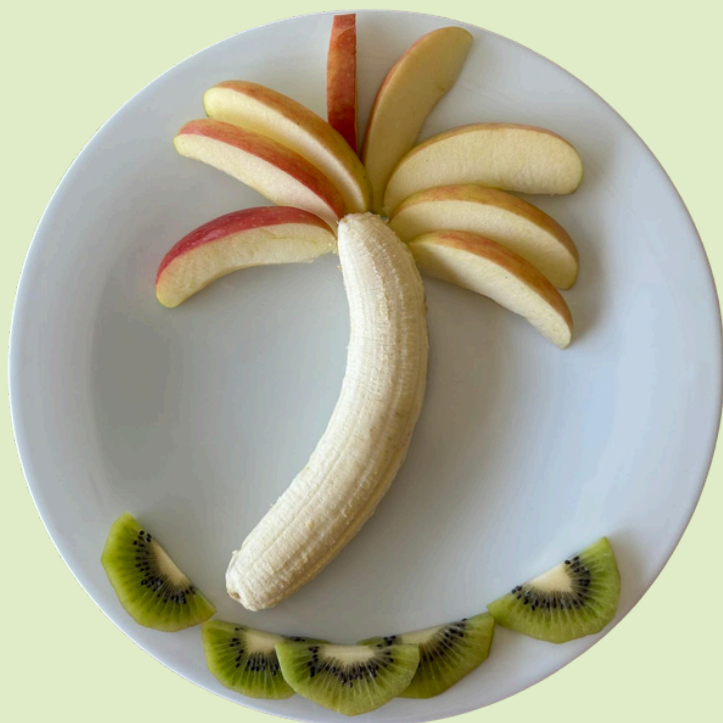
120g

Banane
Kiwi
Fraises



100g

Banane
Fraises



200g 

Banane
Pomme
Kiwi



120g

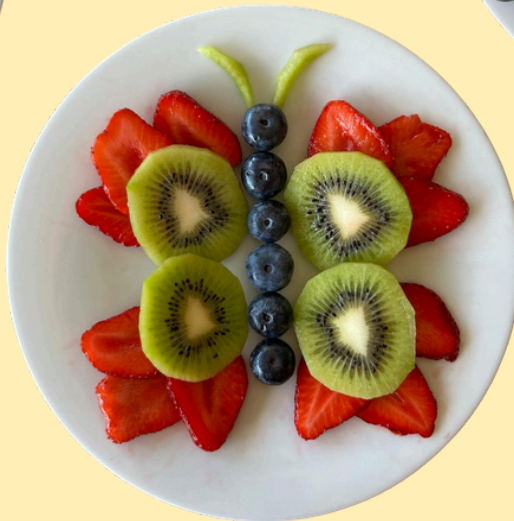
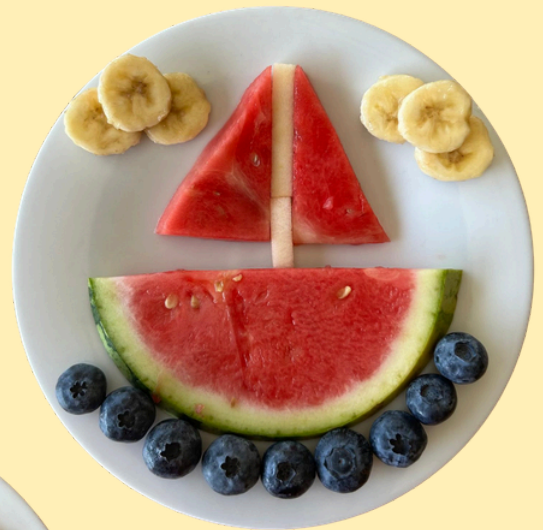
Banane
Fraises

MAYBE LESS SUGAR

DOUX MAI MOINS SUCRÉ



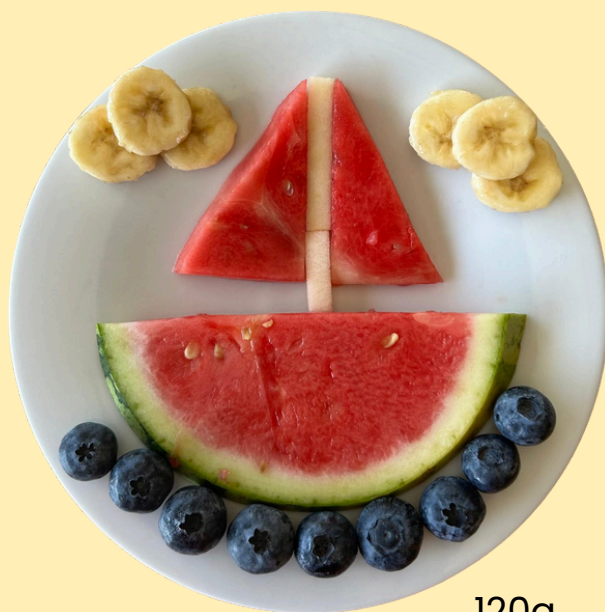
ÉTÉ





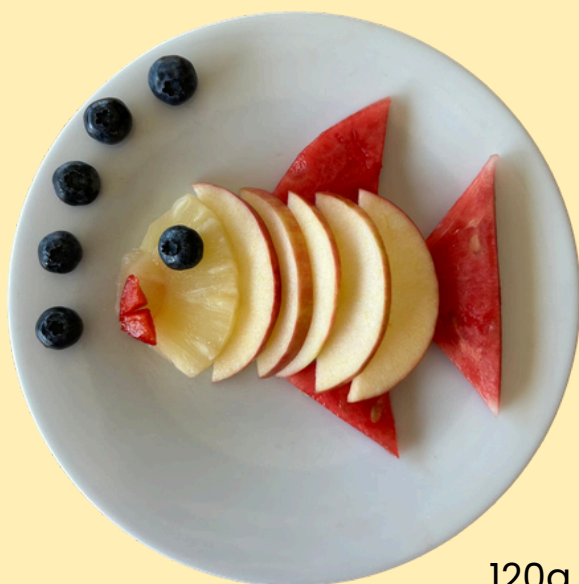
150g

Kiwi
Fraise
Banane
Myrtilles



120g

Pastèque
Banane
Myrtilles
Pomme



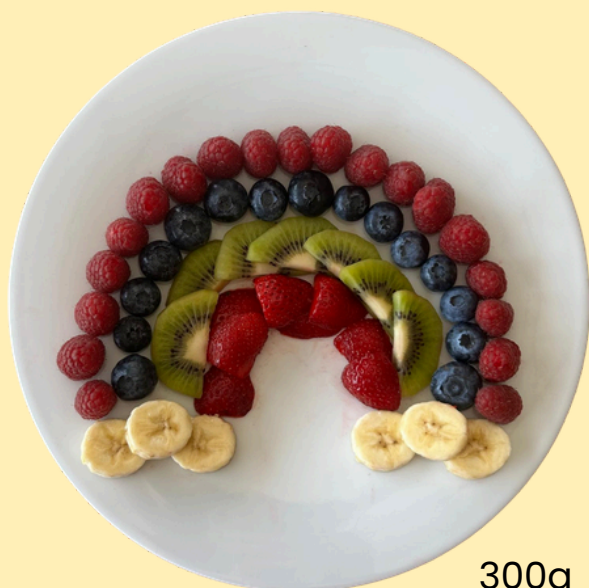
120g

Ananas
Pomme
Pastèque
Myrtilles



160g

Banane
Kiwi ou Nectarine
Fraises
Myrtilles



300g

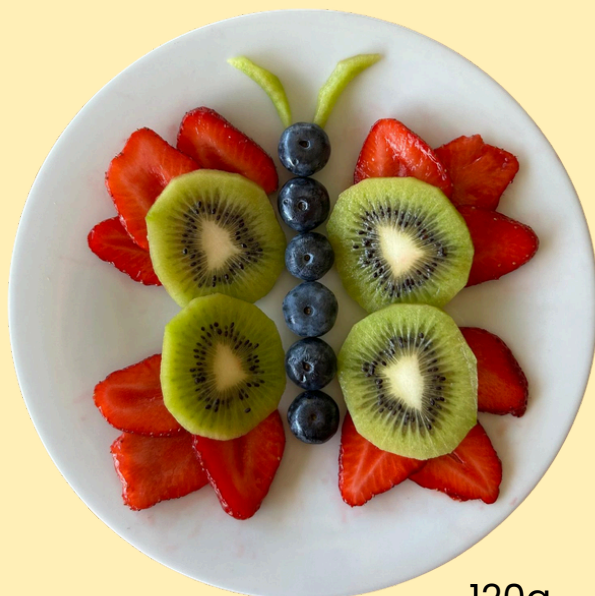


Framboises
Myrtilles
Kiwi
Fraises
Banane



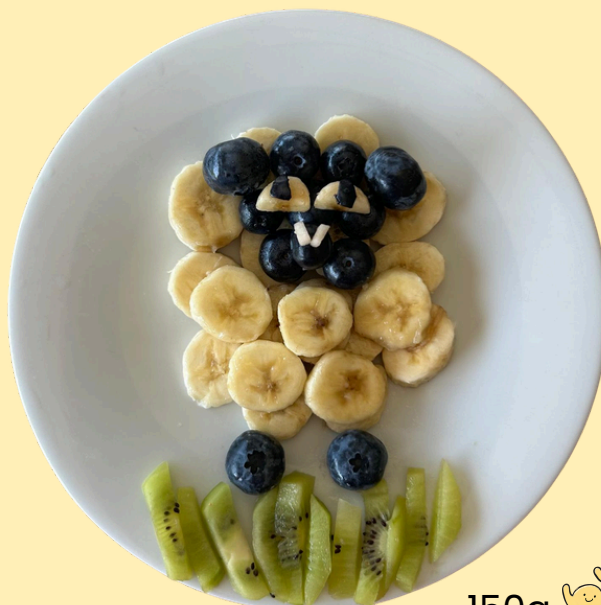
90g

Fraises
Ananas
Myrtilles



120g

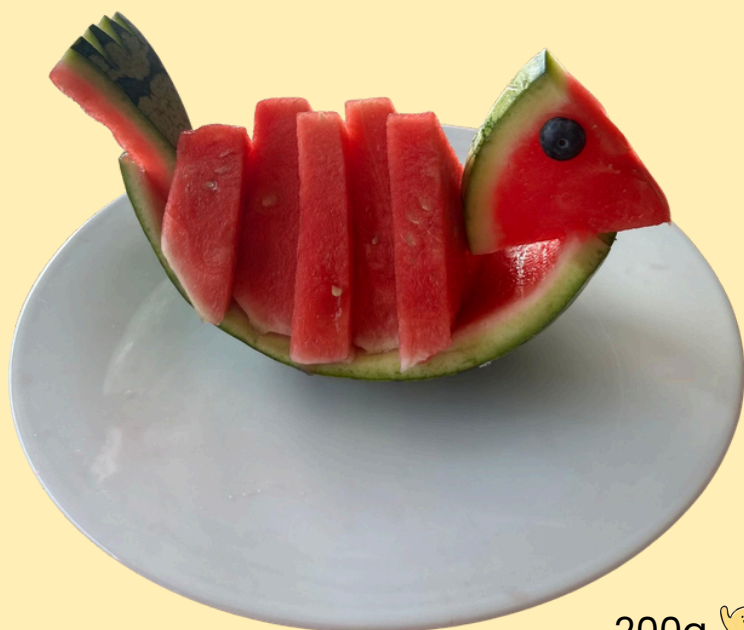
Kiwi
Fraises
Myrtilles



150g



Myrtilles ou mûres
Banane
Kiwi



200g 

Pastèque

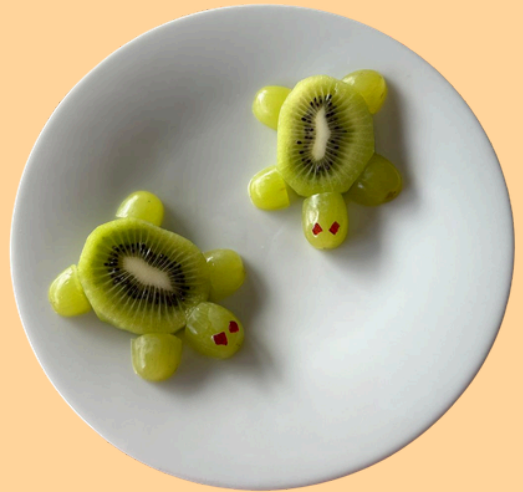
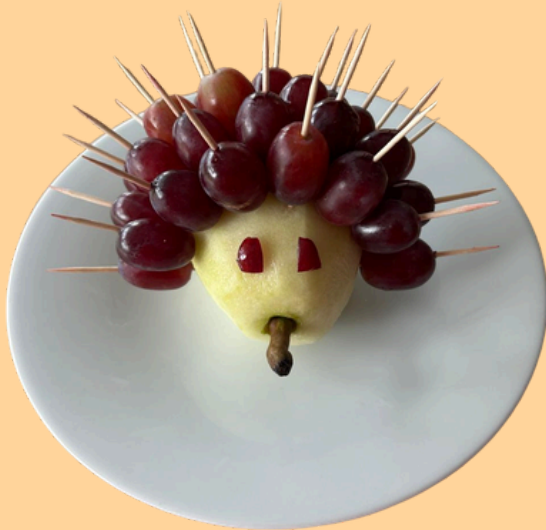


150g 

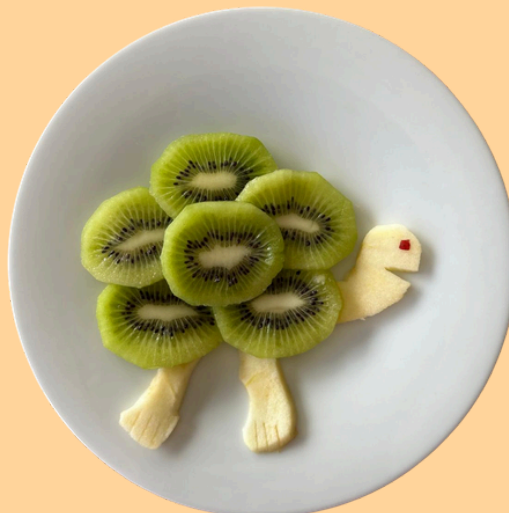
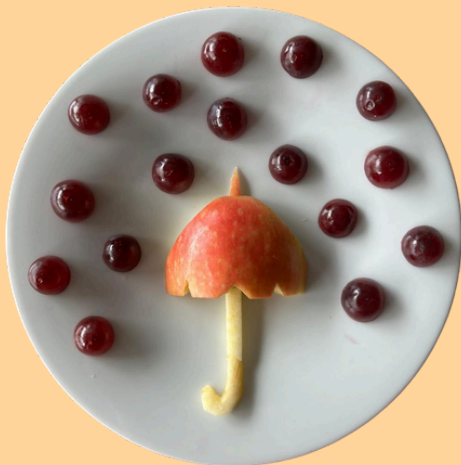
Myrtilles
Framboises
Kiwi
Fraises

MAYBE LESS SUGAR

DOUX MAI MOINS SUCRÉ



AUTOMNE





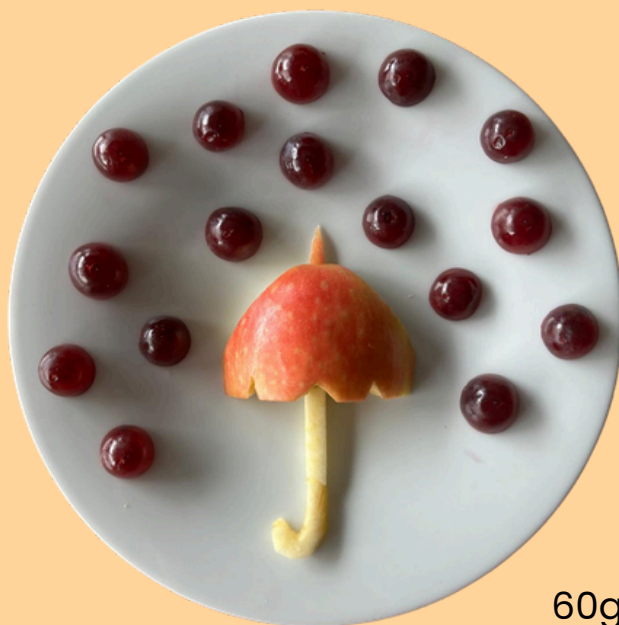
80g

Kiwi
Pomme



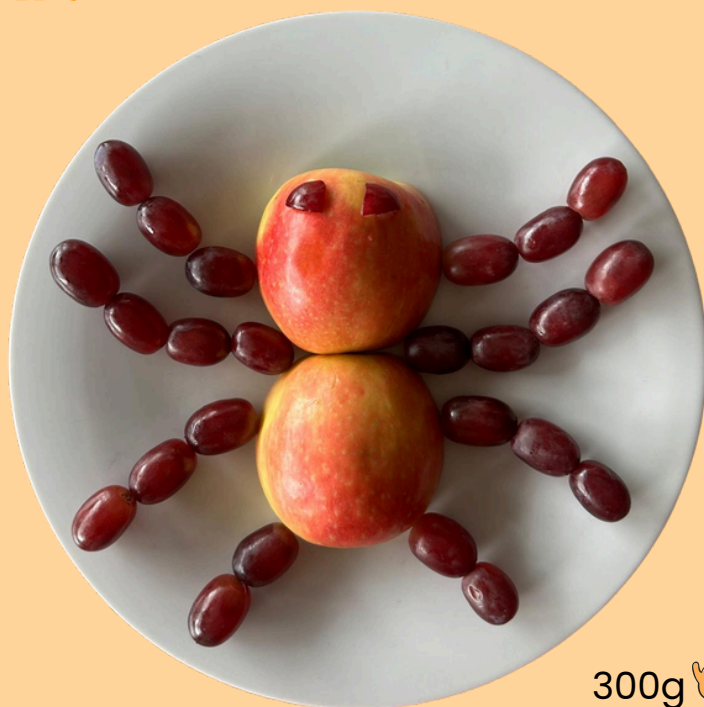
60g

Kiwi
Raisins



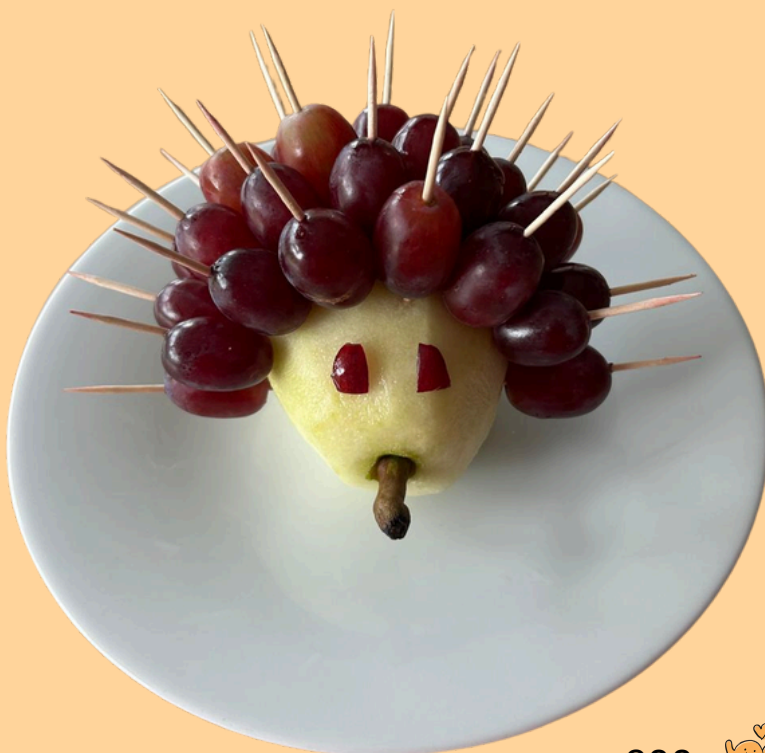
60g

Pomme
Raisins



300g 

Pomme
Raisins



300g 

Poire
Raisins

MAYBE LESS SUGAR

DOUX MAI MOINS SUCRÉ



HIVER





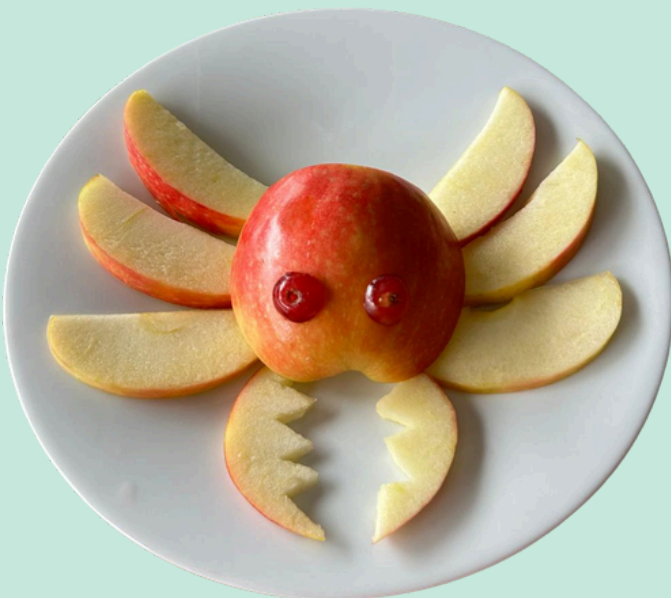
90g

Mandaraine



200g 

Pomme
Raisin



100g

Pomme



160g 

Mandarines
Orange
Pomme