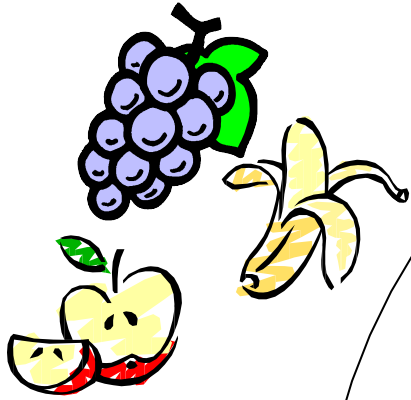


건강식품 선택 식사

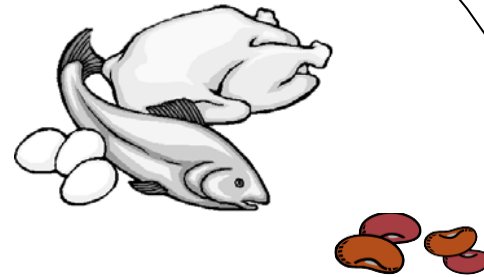
과일



우유



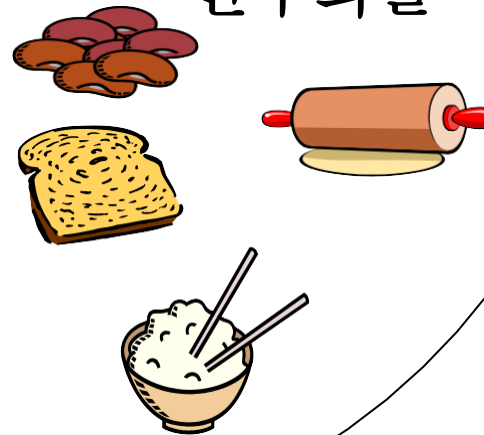
단백질



야채



탄수화물



지방



하루에 3 끼를

드세요

물을 마시세요

특별식은 피하세요

