

# Carbohydrates

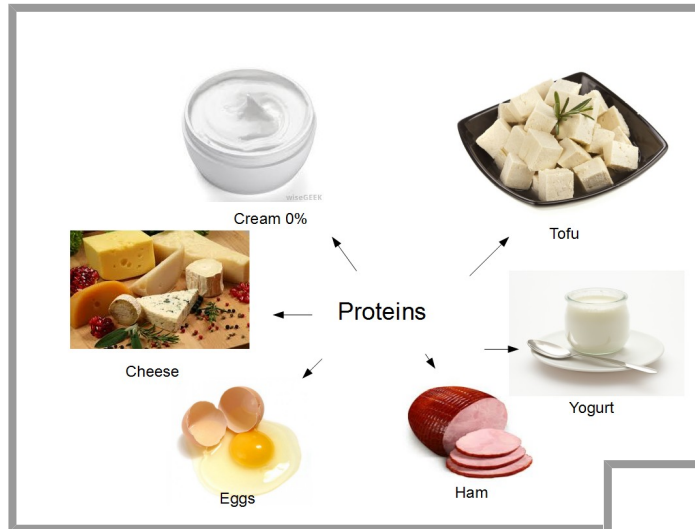
180 g per day

For a breakfast

Fruit  
1 portion of fruit  
15g

Dairy produce  
1L → 48g

Cereal  
78,30 g



# the perfect breakfast

## Calcium

270 mg of calcium needed for an adult woman under 50

Milk

Soy

Cheese

## LIPIDS

C15H29COOH  
Palmitoleic acid

We need from 5 to 10% of lipids for breakfast.

Almond milk

Avocado

Butter

Eggs

## vitamins

Is necessary for the repair and development of tissue and night vision

Vitamin A  
300µg

eggs

fish

Vitamin B  
0,8µg

Helps the nervous system

dairy products

bacon

prevents scurvy

Vitamin D  
3-4µg

Is necessary for the fixation of calcium and potassium

cereal

bread

orange

Vitamin C  
30mg

fruit

Poster created & presented by the **students of 1ere STL**

**Parc des Loges High School**  
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