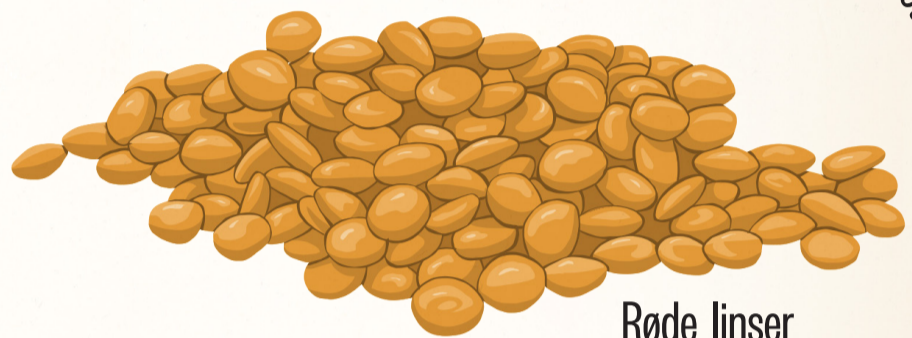


# Spis flere bælgfrugter



Borlottibønner



Røde linser



Kidneybønner



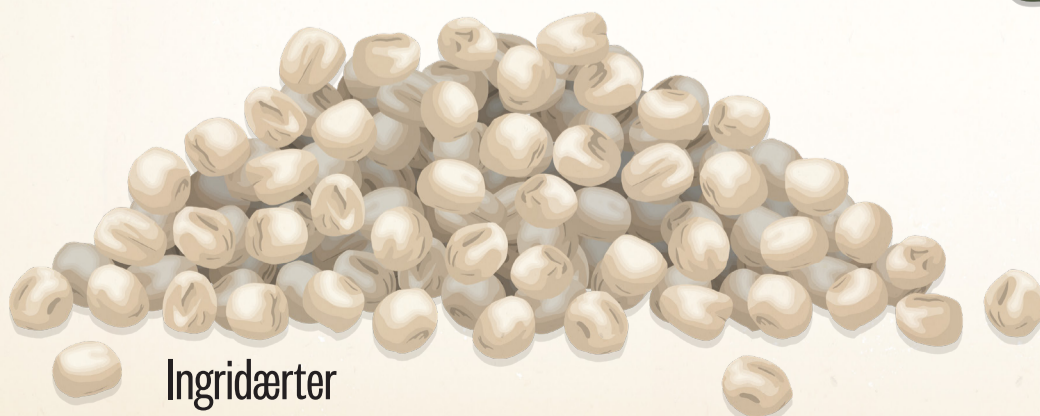
Flækærter



Kikærter



Puy-linser



Ingridærter



Gråært

**SPIS  
SUNDERE  
DK**  
Rådet for  
sund mad