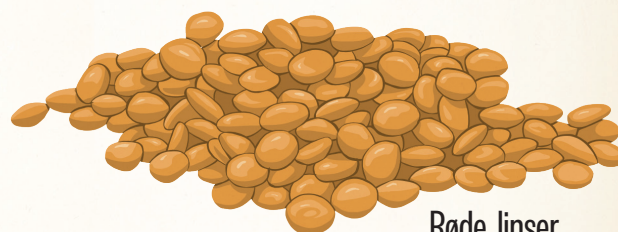


Spis flere bælgfrugter



Borlottibønner



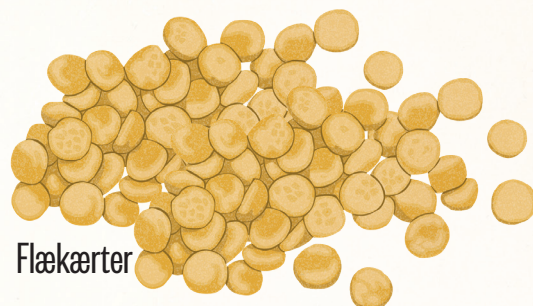
Røde linser



Kidneybønner



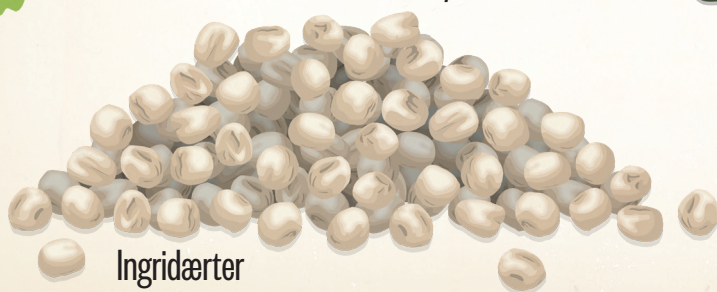
Kikærter



Flækærter



Puy-linser



Ingridærter



Gråært

**SPIS
SUNDERE
DK**

Rådet for
sund mad