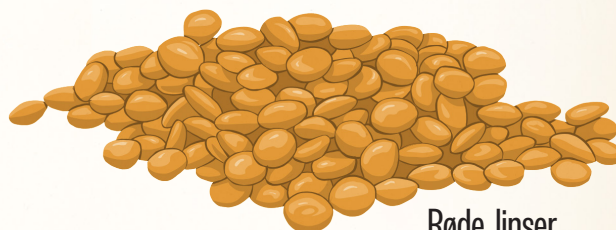


Spis flere bælgfrugter



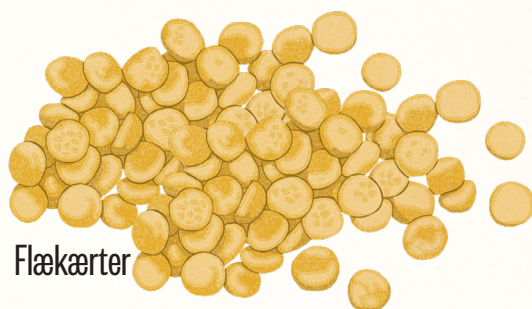
Borlottibønner



Røde linser



Kidneybønner



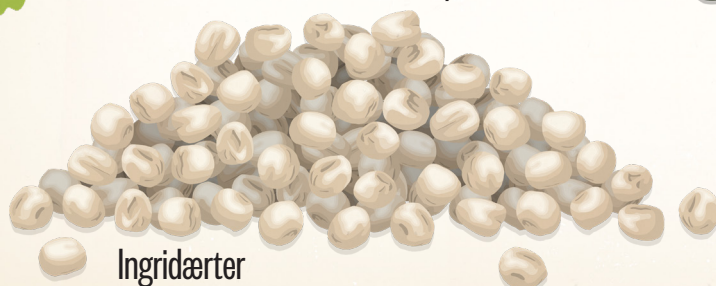
Flækærter



Kikærter



Puy-linser



Ingridærter



Gråært

**SPIS
SUNDERE
DK**
Rådet for
sund mad