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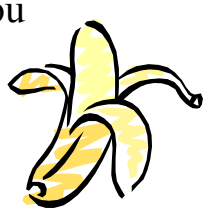
FCS8697-HAI

La Sante Nan Lavi Granmoun: Sèz Manje Ou Kapab Goute[1]

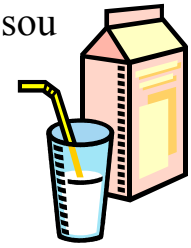
Jennifer Hillan[2]

Men pwen pou manje goute ki fasil, men yo sante pou -w tou! Kenbe pwen sa yo pou lè ou vle goute manje ankò.

1. Tranch nan ranch dressing osnon yogout
2. Fig glase (retire pò-a avan ou glase-l)



3. ½ *bagel* avèk fwi ki gen presèv ladann
4. ¼ goblè ki gen fwi ki melanje la dan
5. Bisuit soda avèk manba sou li



6. 1 goblè ki gen lèt
7. 1 ½ oun fwomaj ki pa gen anpil grès
8. Posicle ou fè lakay (ki f è avèk fwi oson ji legim ou renmen)

9. Zè ki byen bouyi avèk ¾ goblè ji

10. 1 goblè yogout ki pa gen anpil grès
11. ½ goblè ki gen konkonb e tomat koupe avèk Italien *dressing* osnon yogout
12. Pita avèk *hummus*
13. Pen tranche griye ak magarin avèk yon ti sik oubyen kanèl sou li

14. *Tortilla* avèk fwomaj fondu
15. ½ goblè ki gen melon ladan
16. ¾ goblè ki gen ji legim ki pa gen anpil sodium avèk 3-4 bisuit soda

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