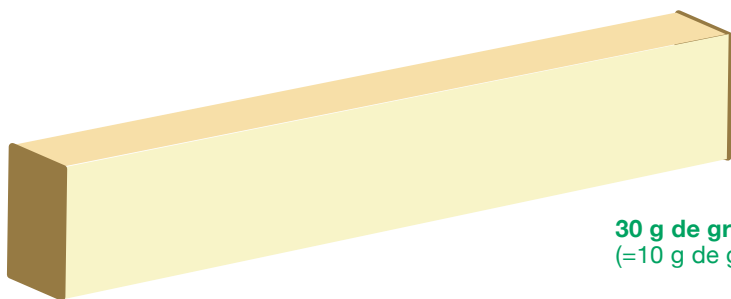


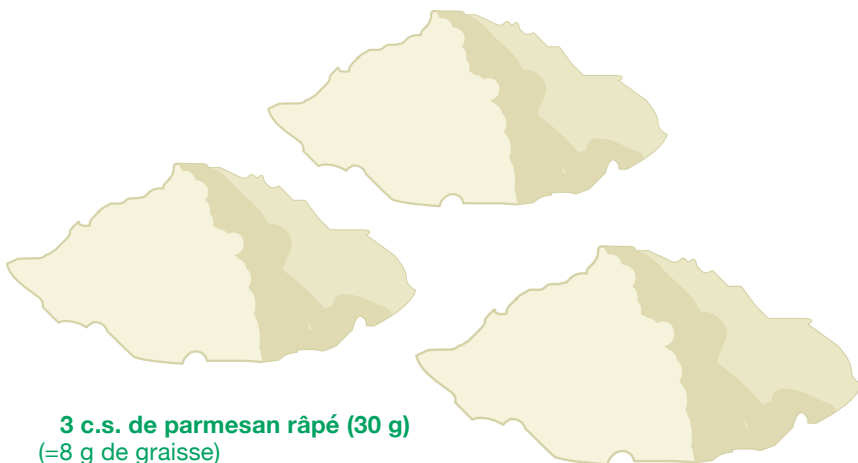
Fromage maigre ou fromage gras?



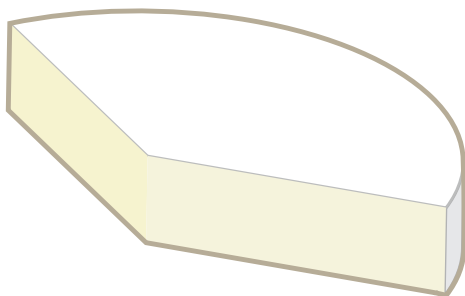
Une portion de fromage:



30 g de gruyère
(=10 g de graisse)



3 c.s. de parmesan râpé (30 g)
(=8 g de graisse)



50 g de tomme
(=11 g de graisse)