Was ist in unseren Lebensmitteln enthalten?

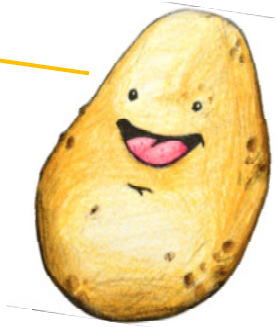
Eiweiß/Protein

Elsa Eiweiß

Fett

Olli Olive

Kohlenhydrate

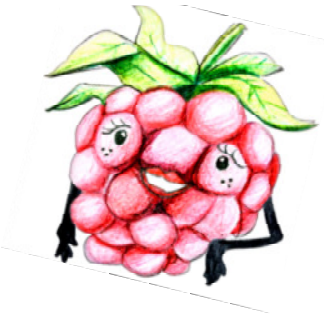


Kalle Kartoffel

Ballaststoffe

Karotte

Vitamine/Mineralstoffe



Heidi Himbeere

Wasser

WALTER VON WASSER