

FRUTTA, VERDURA e FABBISOGNO DI VITAMINA C



2 KIWI

>100%





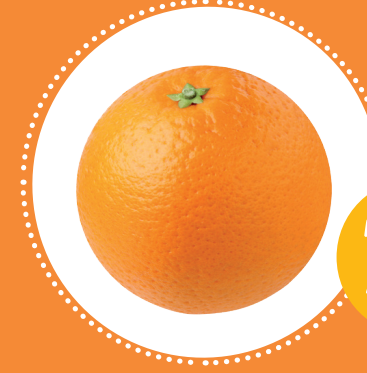
1 PEPERONE
CRUDO

>100%



1 CIOTOLA
DI LATTUGA

 45%
 55%



1 arancia

 70%
 90%