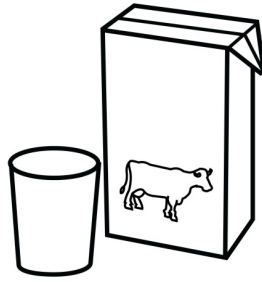
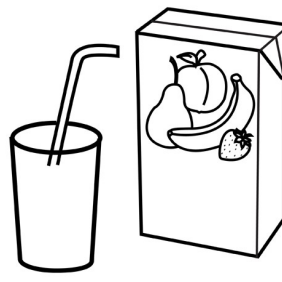


het water



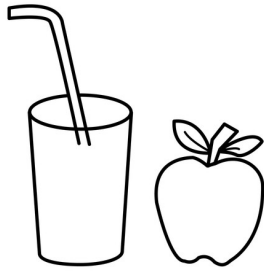
de melk



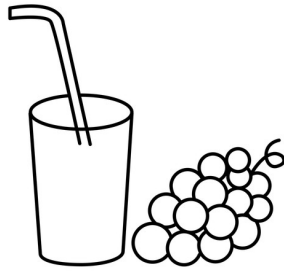
de fruitsap



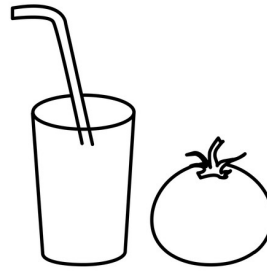
de sinaasappelsap



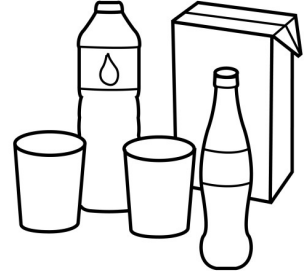
de appelsap



de druivensap



de tomatensap



de dranken



de koffie



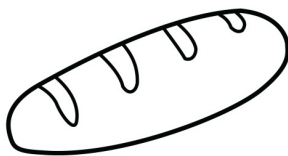
de kop / het kopje



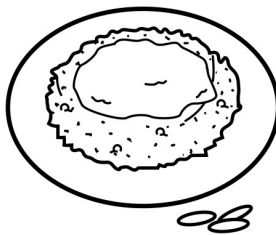
de cola



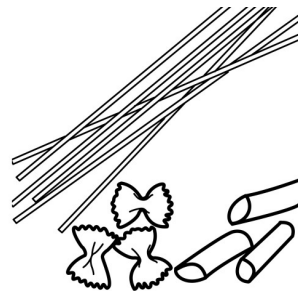
de bier



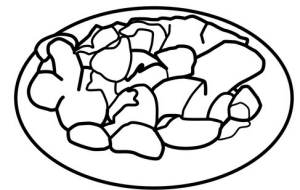
het brood



het rijst



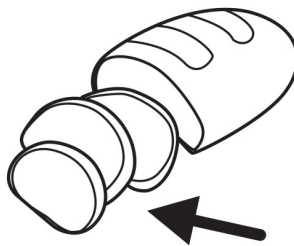
de deegwaren



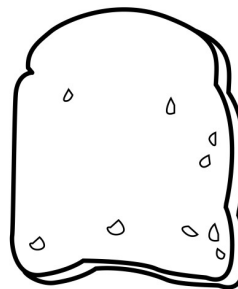
de aardappel



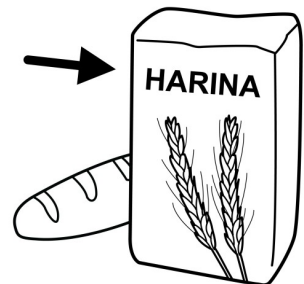
de granen



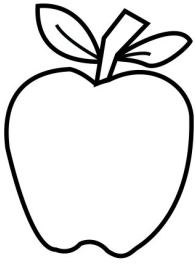
het snijd / de sneden



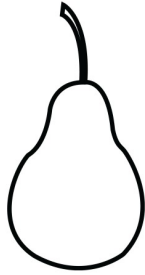
de toast



de bloem



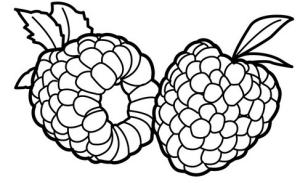
de appel



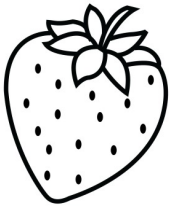
de peer



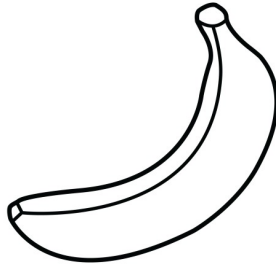
de pruimen



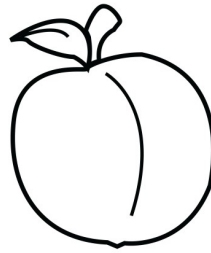
de frambozen



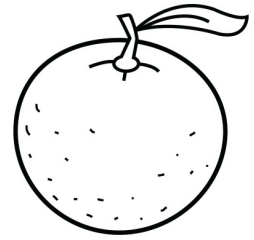
de aardbei



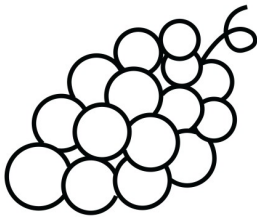
de banaan



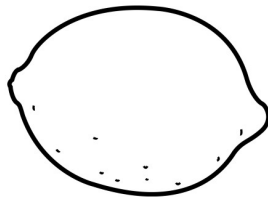
de perzik



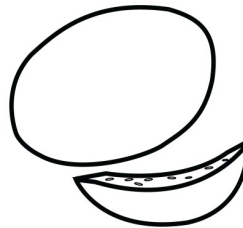
de sinaasappel



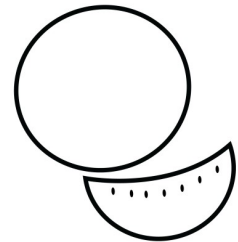
de druiven



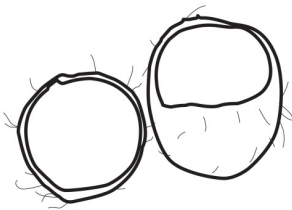
de citroen



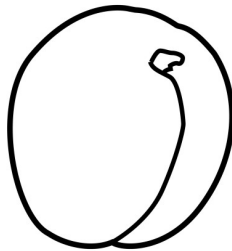
de meloen



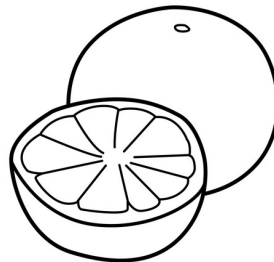
de watermeloen



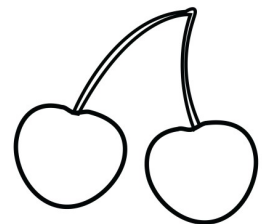
de coconoot



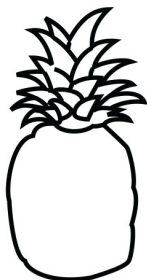
de abrikoos



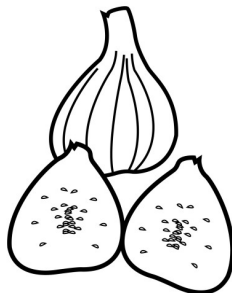
de pomelmoes



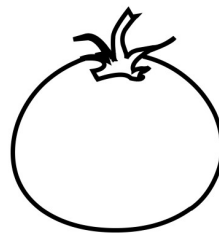
de kersen



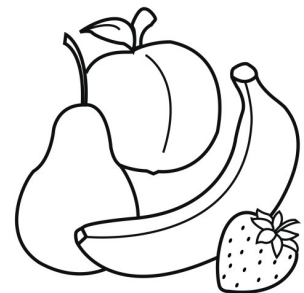
de ananas



de vijg



de tomaat

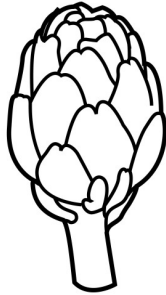


het fruit

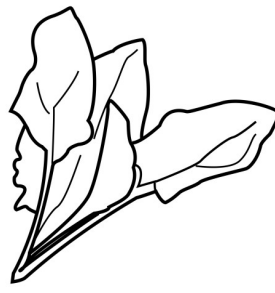
Voor een gezonde voeding moet je veel fruit eten



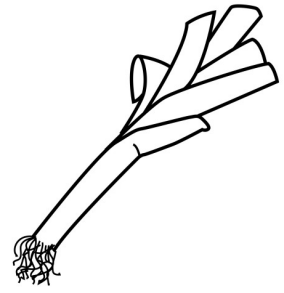
de groenten



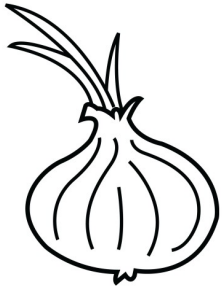
de artisjok



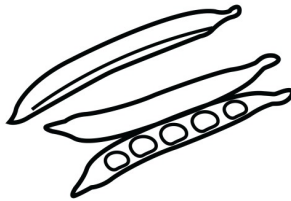
de spinazie



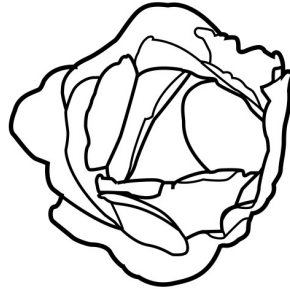
de prei



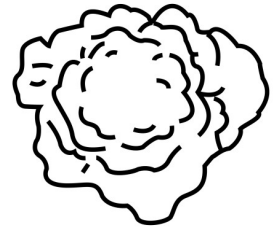
het ui - de uien



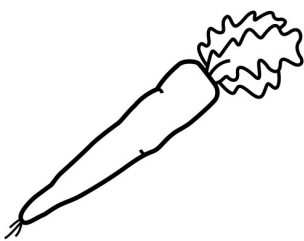
de prinsessenboon



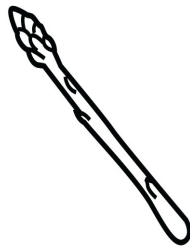
de kool



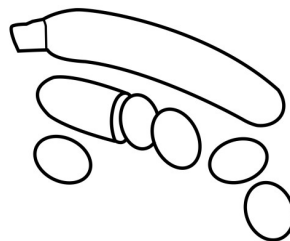
de sla



de wortel



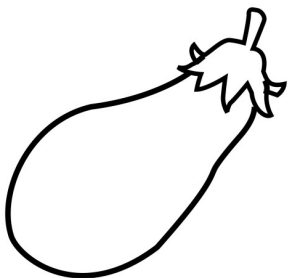
de asperge



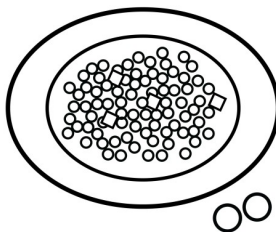
de courgette



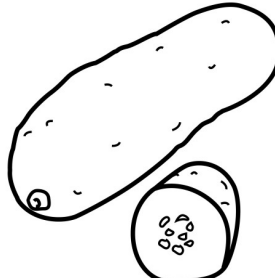
de pompoen



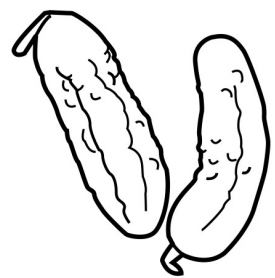
de eierplant



de erwten / erwtjes



de komkommer



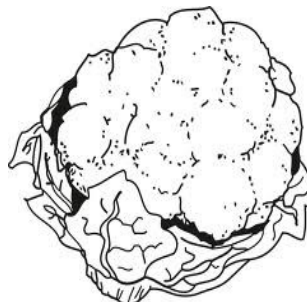
de augurken



de selder



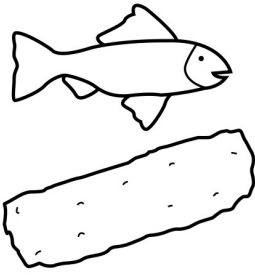
de look



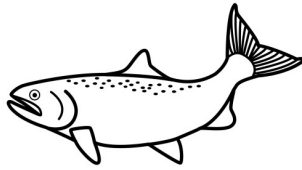
de bloemkool



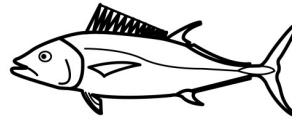
de radijs



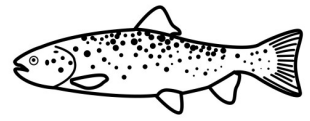
de vis (le poisson)



de zalm (le saumon)



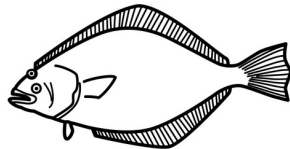
de tonijn (le thon)



de forel (la truite)



de zwaardvis



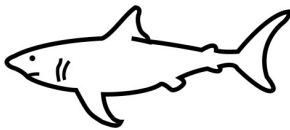
de tong (la sole)



de dorade (la daurade)



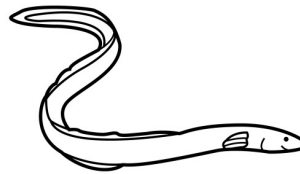
de sardientje



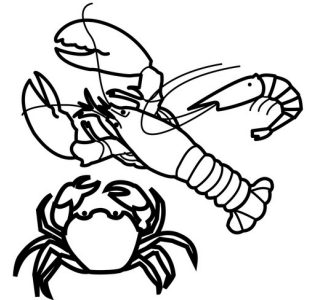
de haai



de zeebaars



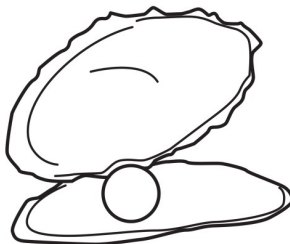
de paling



de zeevruchten



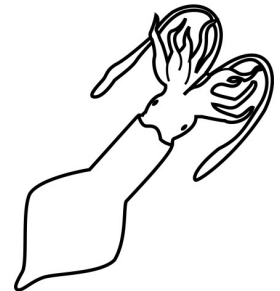
de mosselen



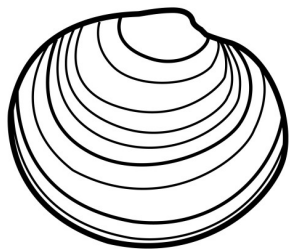
de oester



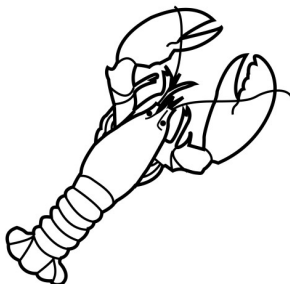
de garnalen



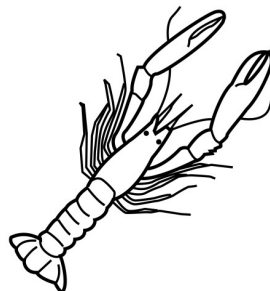
de inktvis



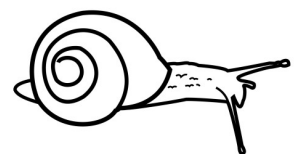
de schelp



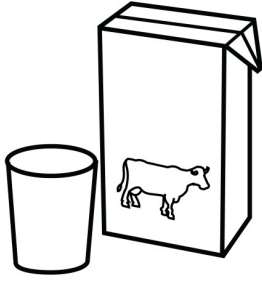
de kreeft



de rivierkreeft



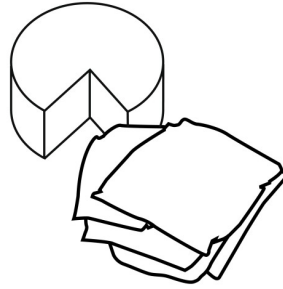
de slak



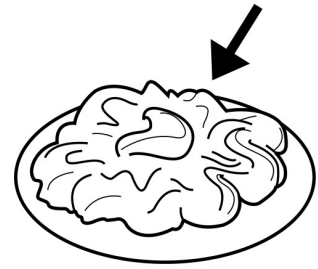
de melk



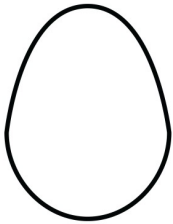
de yoghurt



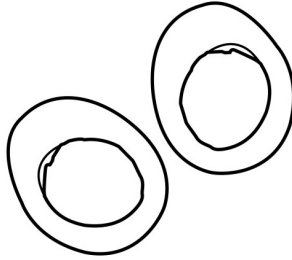
de kaas



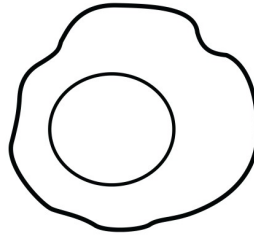
de (slag)room



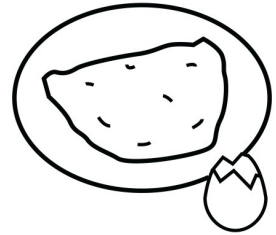
het ei - de eieren



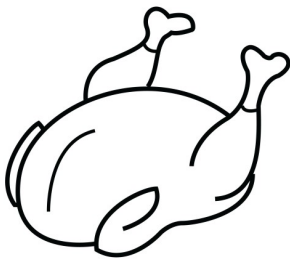
het hardgekookte ei



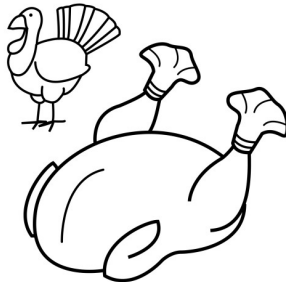
het spiegelei



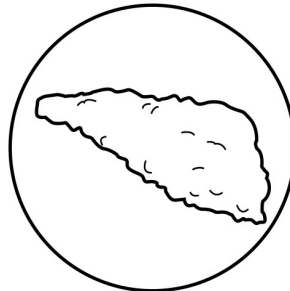
de omelet



de kip



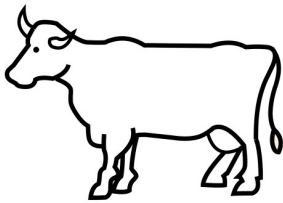
de kalkoen



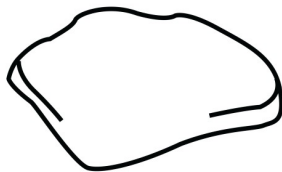
de kippen-borst/-bil)



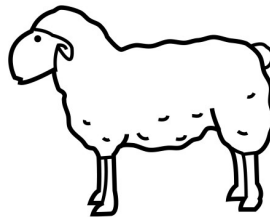
het vlees



rundsvlees



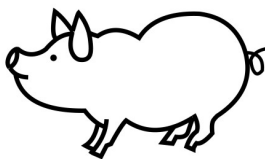
de biefstuk



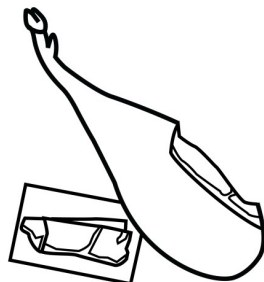
lamsvlees



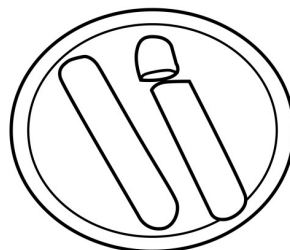
de cotelet



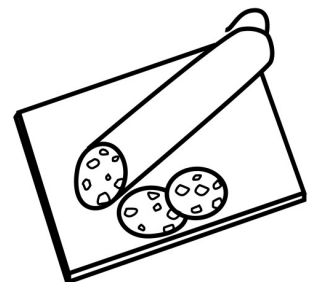
varkensvlees
de bloedworst
le boudin noir



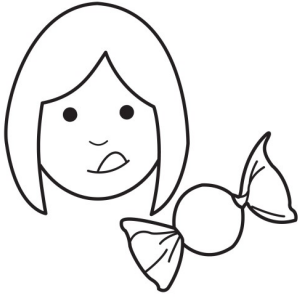
de ham
de witte pens
le boudin blanc



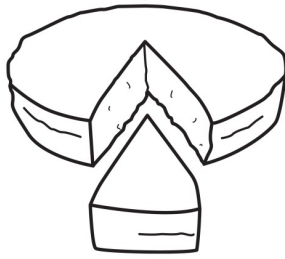
de worst
de beenhouwer
le boucher



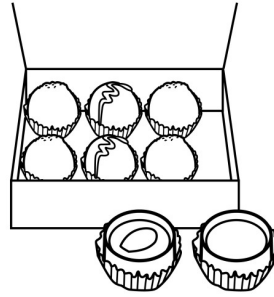
charcuterie
de gehakt bal
la boulette



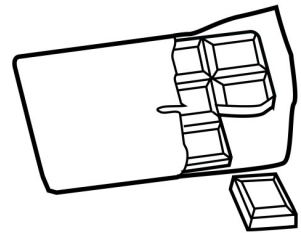
de snoep



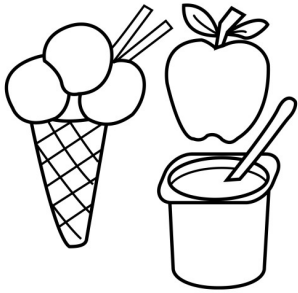
de taart



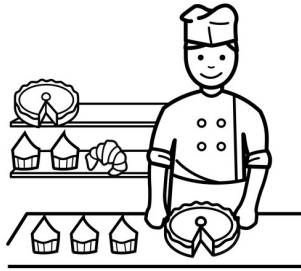
de pralines



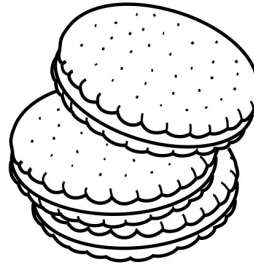
de chocolade



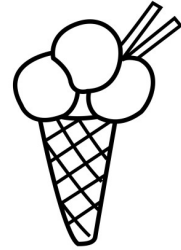
het dessert



de koekken



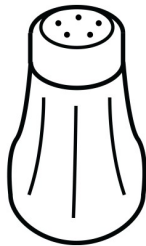
de koekjes



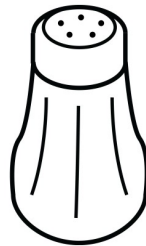
het ijsje



de suiker



de zout



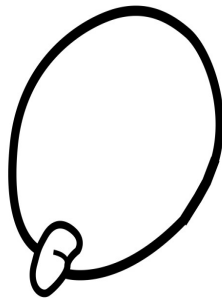
de peper



de tijm



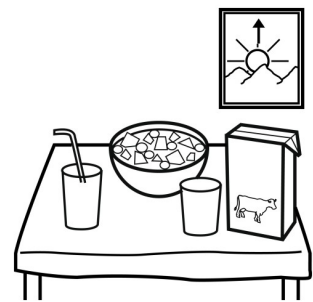
de olie



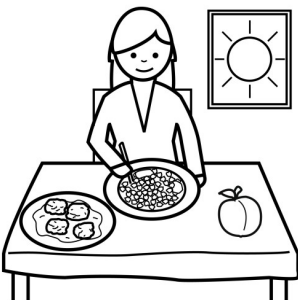
de olijf



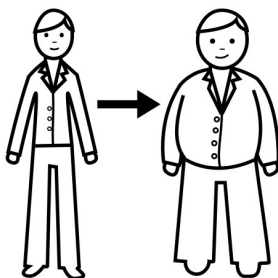
het azijn



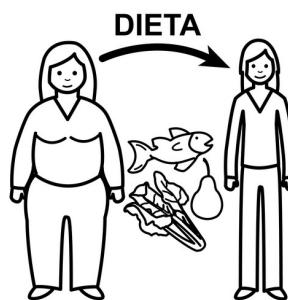
het ontbijt



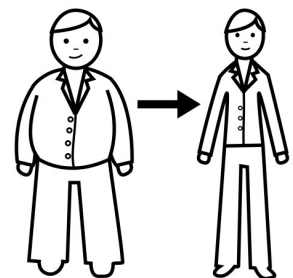
eten



dik worden



op dieet staan



vermageren

DE ACTIEVE VOEDINGSDRIEHOEK

om dagelijks evenwichtig te eten en voldoende te bewegen

