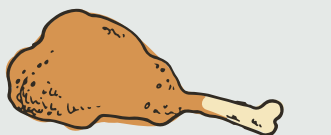


# UM PUNHADO

de amendoim sem casca tem a mesma quantidade proteína que

tem estes benefícios



**1** COXA DE FRANGO



**1** UM PUNHADO DE FEIJÕES



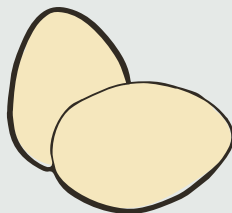
**3** ESPIGAS DE MILHO



**2** COPOS DE LEITE



**16** PORÇÕES DE BATATAS DOCE



**2** OVOS



CORAÇÃO SAUDÁVEL



NUTRIENTES PARA MÃES



PESO SAUDÁVEL



NUTRIENTES PARA CRIANÇAS



MAIS ENERGIA



UMA VIDA MAIS LONGA

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