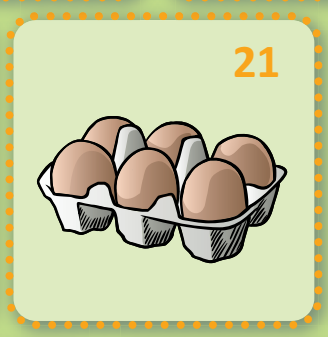
clever, fit & cool

heute ist Naschtag

ZIEL

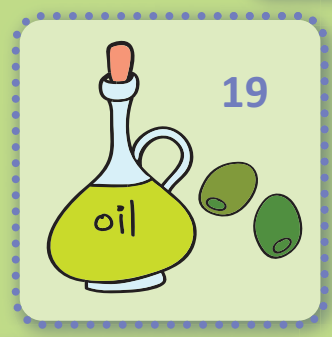
Obers und Rahm nur sparsam

3x pro Woche

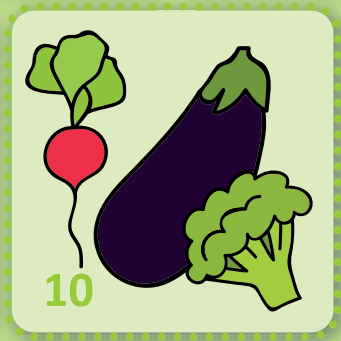


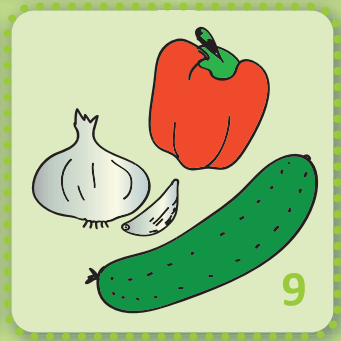
täglich Milch + Käse

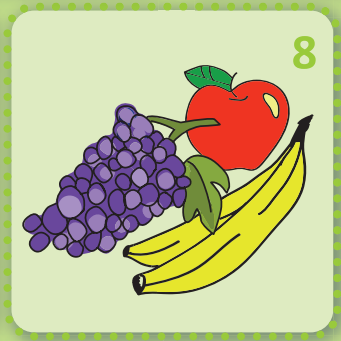
4 Portionen pro Tag



5x täglich







START

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M·E·N Männer Väter Burschen
WiG WIENER GESUNDHEITSFÖRDERUNG
Für die Stadt Wien