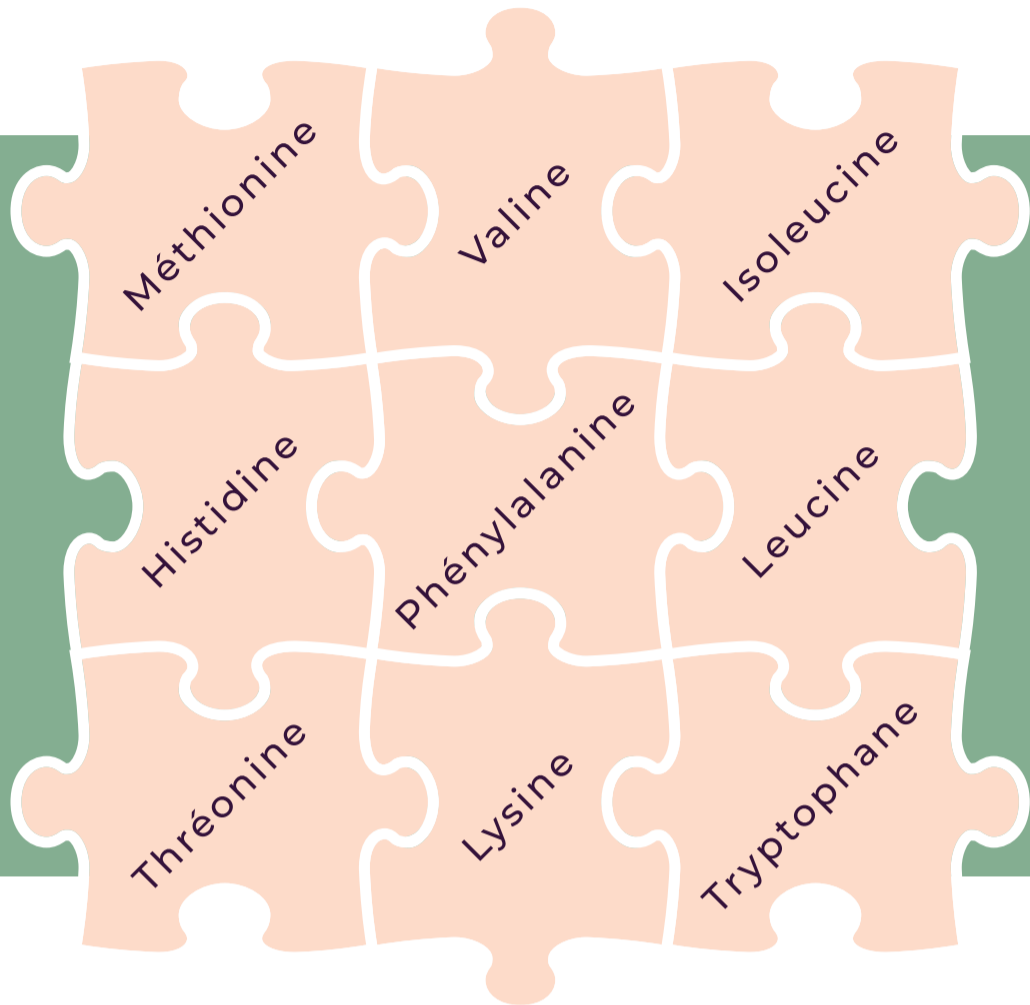




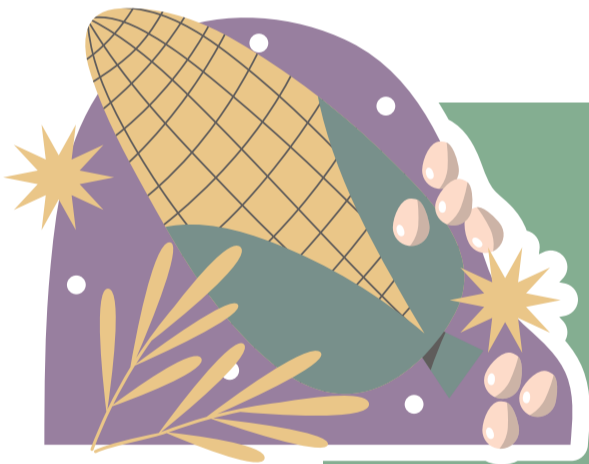
9

acides aminés essentiels



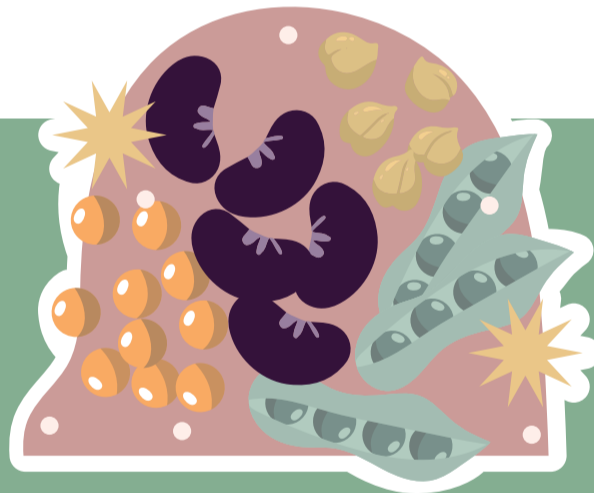
Les végétaux **ne contiennent pas** les neuf acides aminés essentiels dans un seul aliment.

→ Intérêt d'**associer différents aliments.**



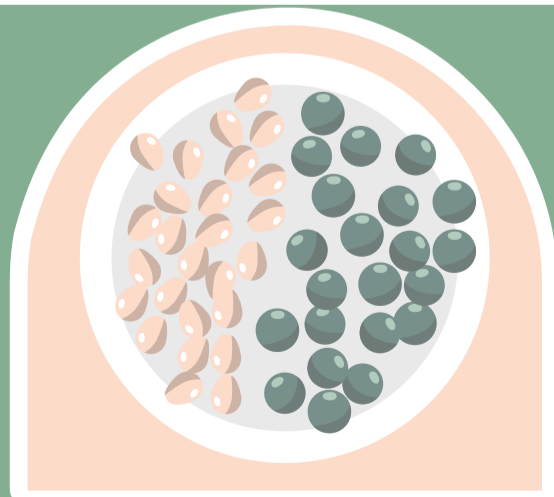
Céréales
(riz, blé, maïs...)

et



Légumes secs
(lentilles, haricots secs, pois...)

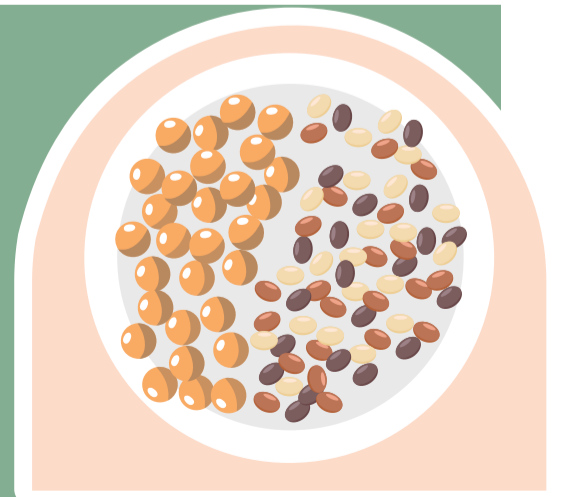
Associations gagnantes



Riz
cantonais



Chili



Salade
quinoa-lentilles