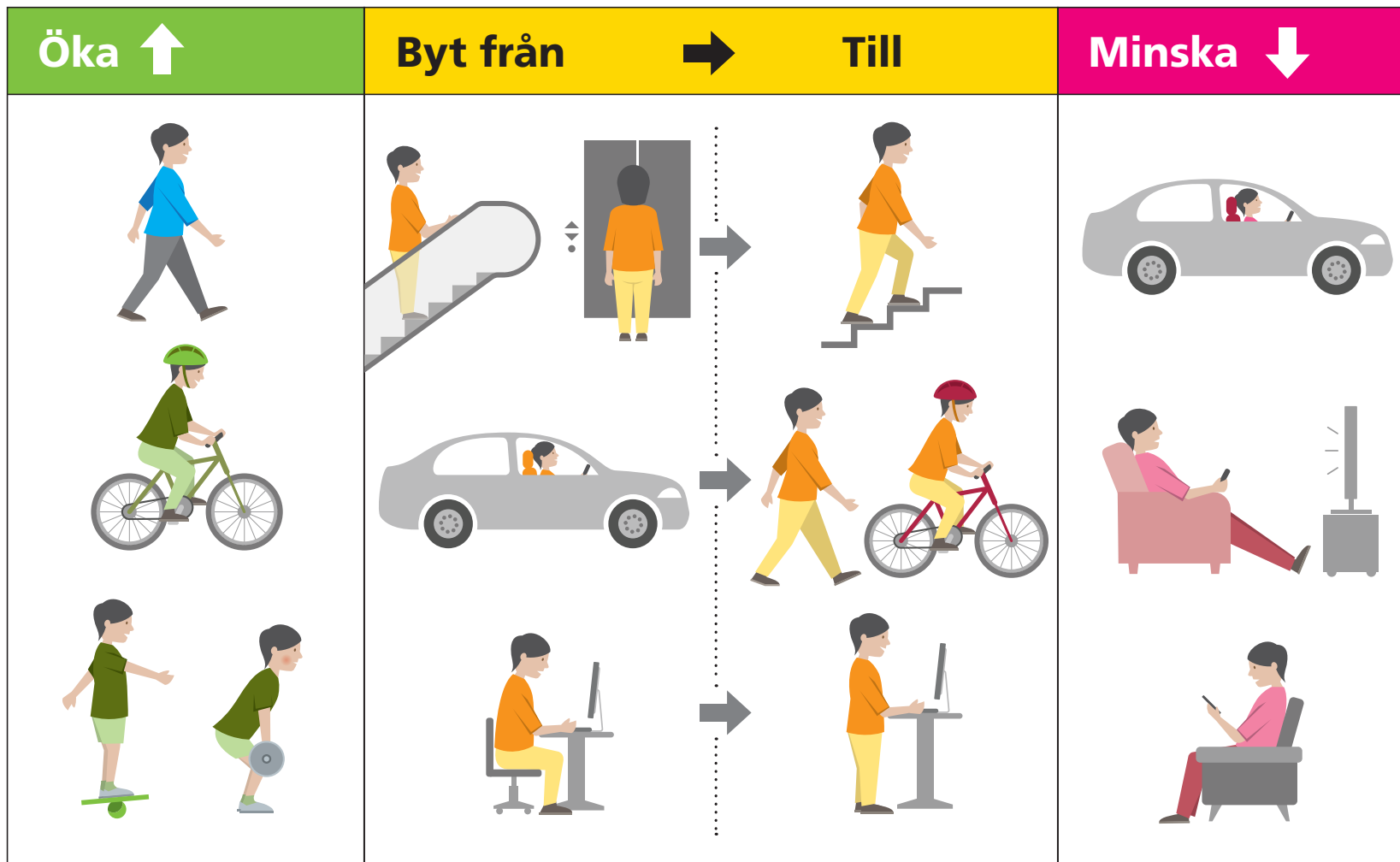

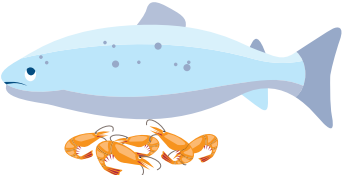


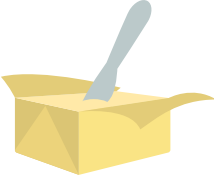
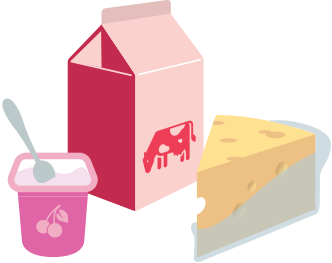

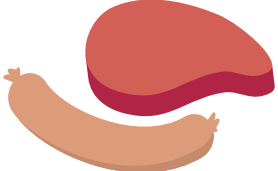
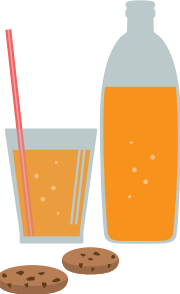




Hälsosam fysisk aktivitet



Källa: Region Stockholm

Hälsosamma matvanor

Öka ↑	Byt från → Till	Minska ↓
  	   	  

 Nyckelhålet gör det enkelt att välja nyttig mat.

Källa: Livsmedelsverket