

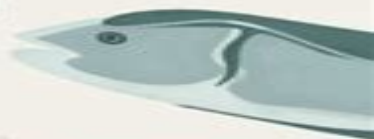
Aliments autorisés

- ✓ **Fruits et légumes variés**
(lavés soigneusement pour éliminer les bactéries et les pesticides)
- ✓ **Viandes cuites à cœur**
- ✓ **Œufs bien cuits**
- ✓ **Produits laitiers pasteurisés**
(yaourts, fromages à pâte dure pasteurisés)
- ✓ **Poissons cuits à cœur**
- ✓ **Aliments riches en vitamines et minéraux**



Aliments interdits

- ✗ **Charcuterie crue et cuite**
(saucissons, jambons crus, rillettes, foie gras)
- ✗ **Viandes crues ou peu cuites**
(tartares, carpaccio)
- ✗ **Œufs crus ou non pasteurisés**
(mayonnaise maison, mousse au chocolat maison)
- ✗ **Poissons crus ou fumés** (sushis, surimi, saumon fumé)
- ✗ **Œufs de poissons crus** (œufs de lump, tarama)
- ✗ **Fromages au lait cru** (brie, camembert, roquefort)
- ✗ **Fromages à pâte molle à croûte fleurie**
(brique de chèvre, brillât savarin)
- ✗ **Fromages à pâte persillée** (bleu d'Auvergne, gorgonzola)
- ✗ **Aliments à base de lait cru** (glaces, laits non pasteurisés)
- ✗ **Graines et pousses germées**



Aliments à consommer avec modération

- **Aliments épicés**
- **Sucreries**



La Femme En Jaune Les Interdits T

Scott C. Dulebohn



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