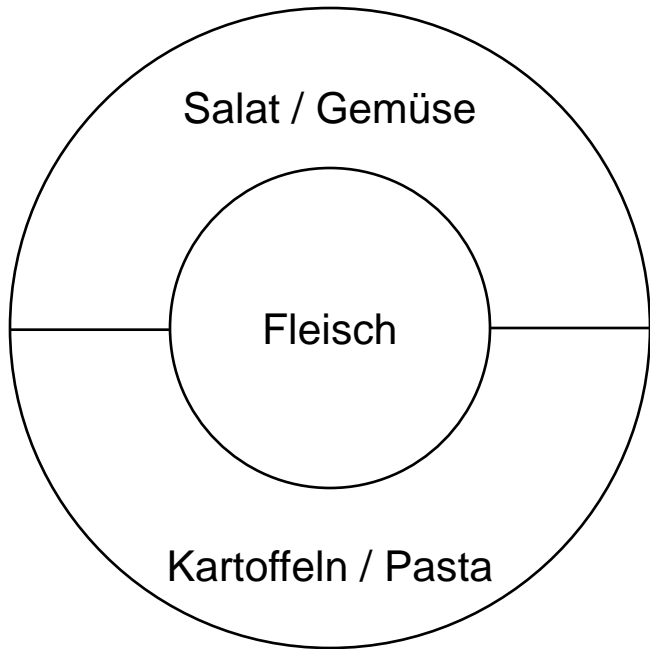


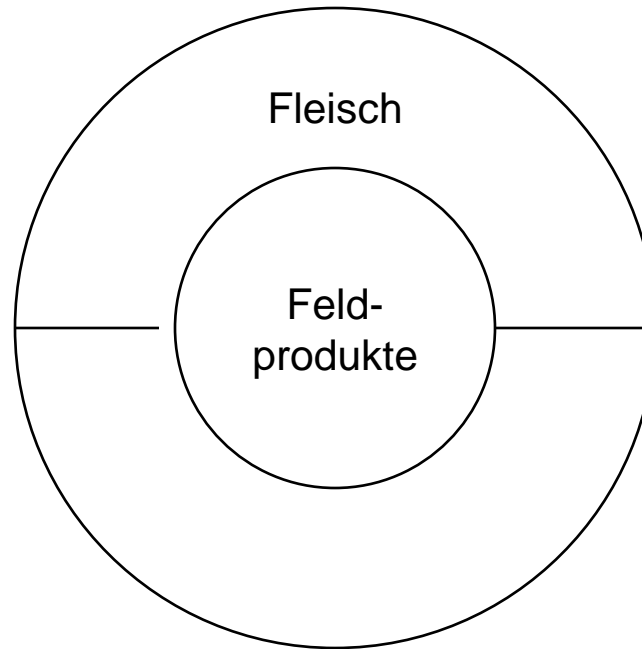
Die neue Tellermitte

alt



A + 2b

neu



A + a + a

Fleisch
=
Rind,
Schwein,
Lamm,
Geflügel,
Fisch