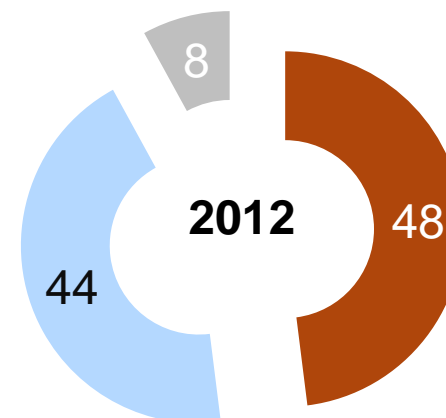
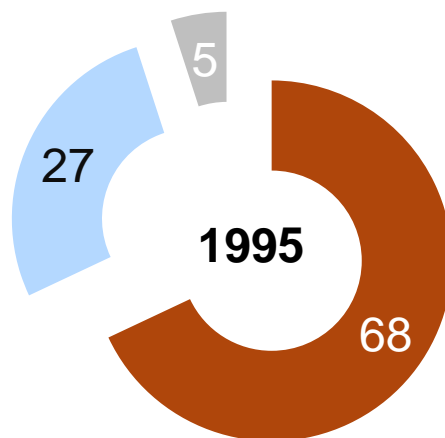


# L'alleggerimento nella struttura del pasto

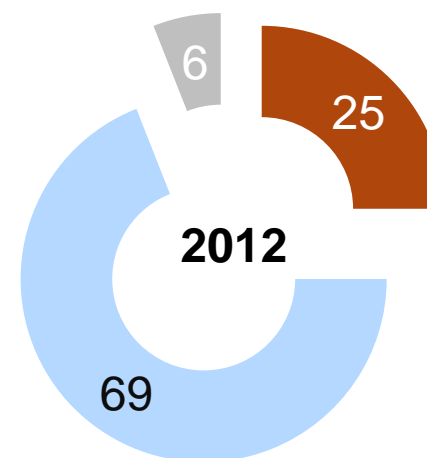
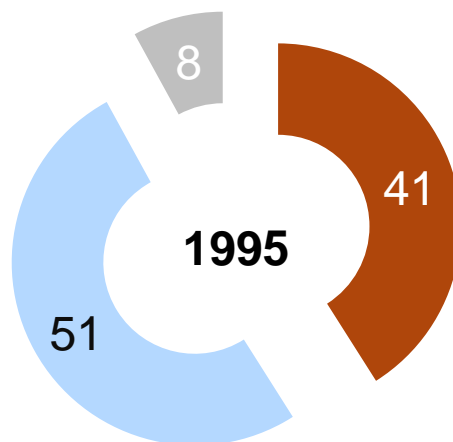


**MEZZOGIORNO**



- pasto completo
- piatto unico
- snack/spuntino

**SERA**



BASE: POPOLAZIONE; FONTE: SINOTTICA