



Stimbu profilakses un kontroles centrs

NACIONĀLAIS
ATTĪSTĪBAS
PLĀNS 2020



EIROPAS SAVIENĪBA

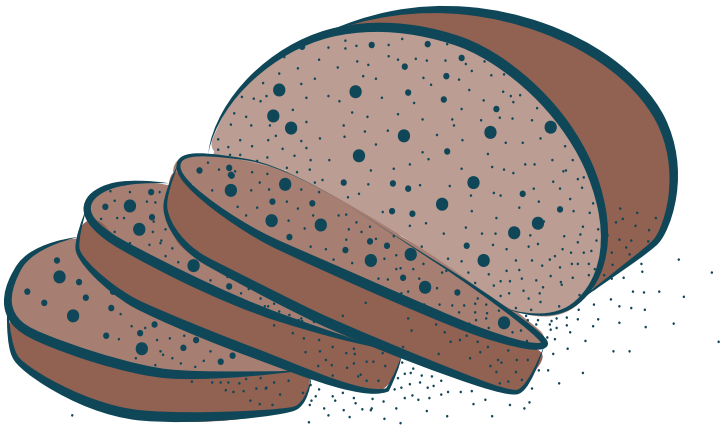
Eiropas Sociālais
fonds

IEGULDĪJUMS TAVĀ NĀKOTNĒ

PĀRTIKAS PRODUKTU KARTĪTES



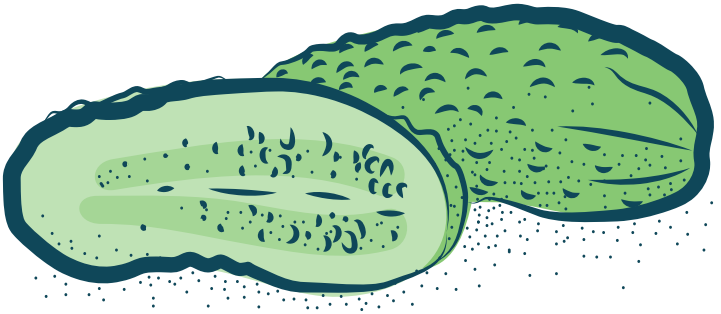
TAUKI



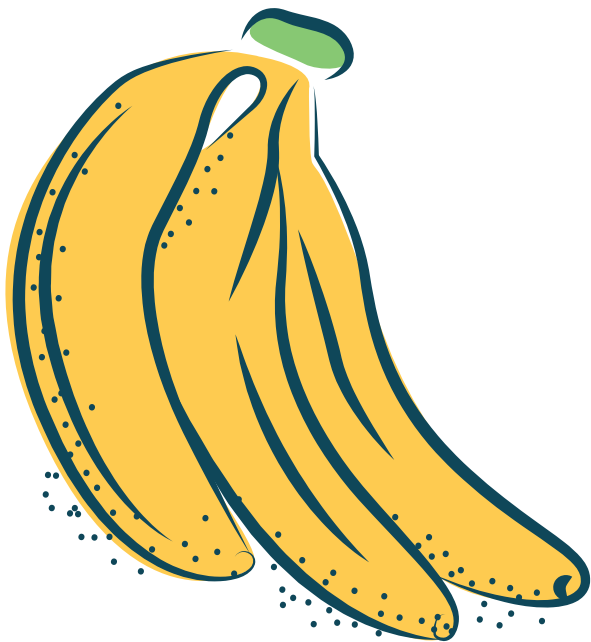
OGĻHIDRĀTI



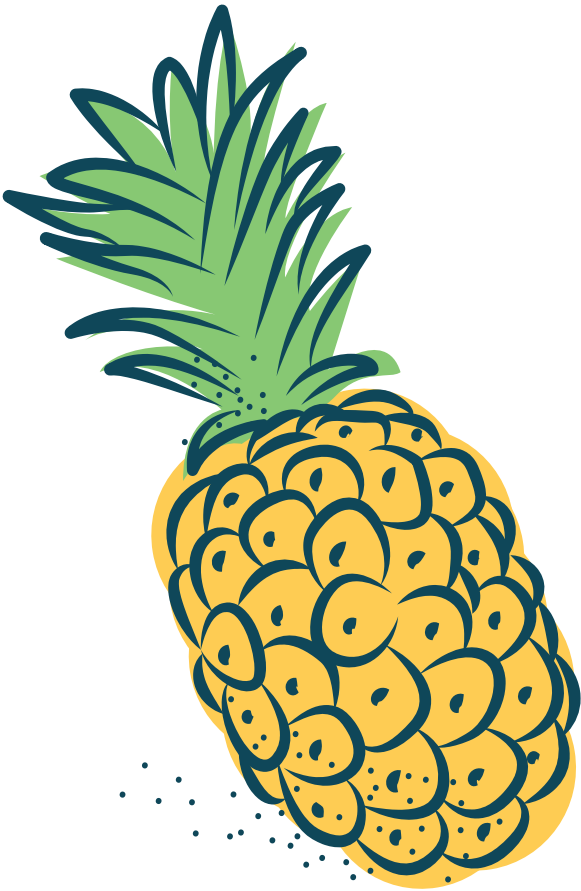
OLBALTUMVIELAS



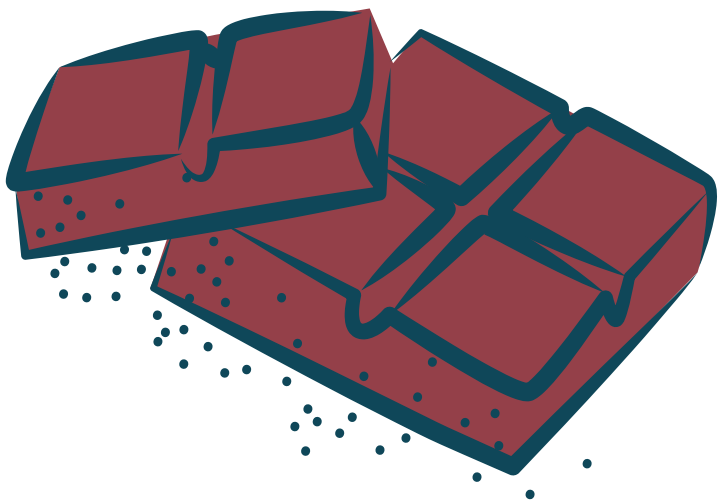
DĀRZENĪ,



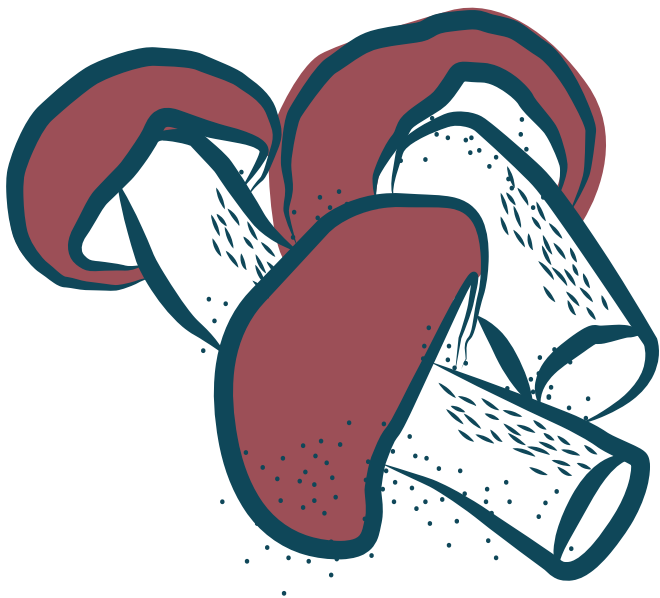
AUGLI



ANANASS



ŠOKOLĀDE



SĒNES



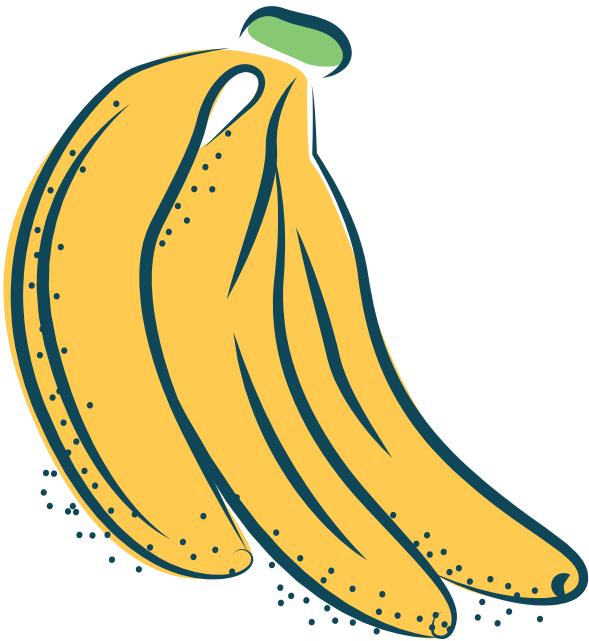
PAPRIKA



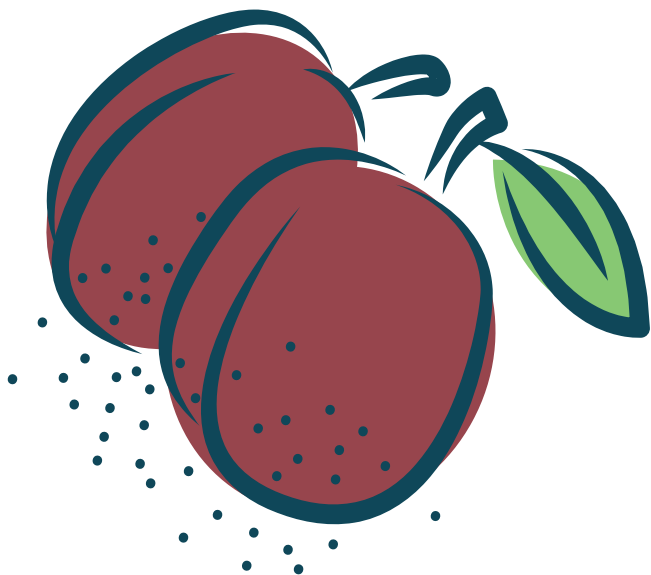
VĪNOGAS



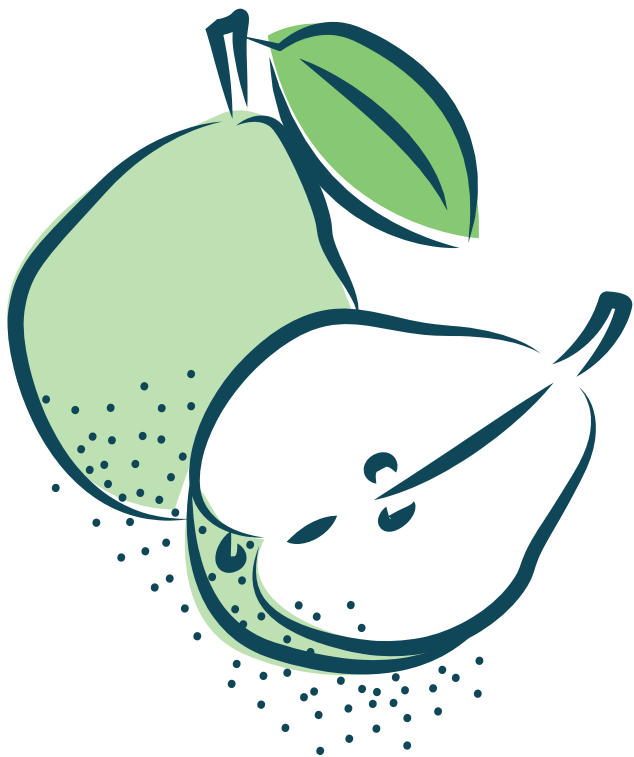
SALDIE KARTUPELI
,



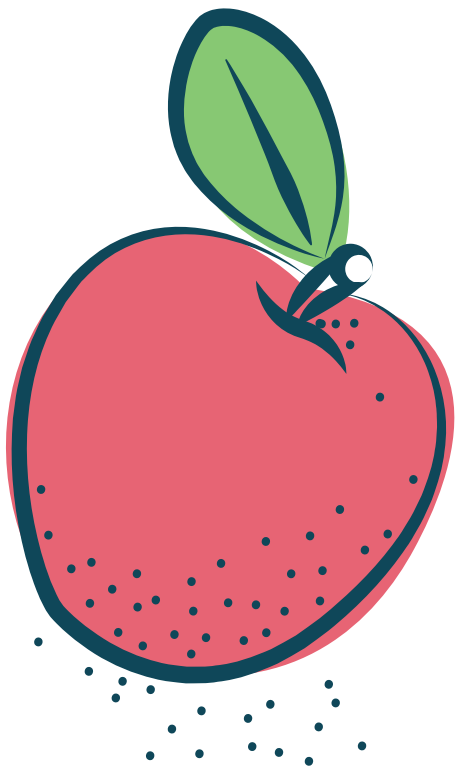
BANĀNI



PLŪMES



BUMBIERI



ĀBOLI



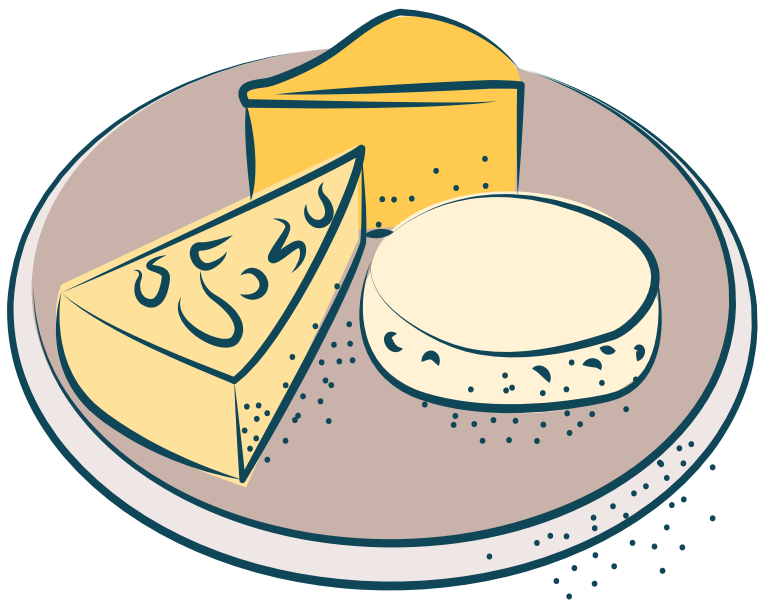
GRANĀTĀBOLI



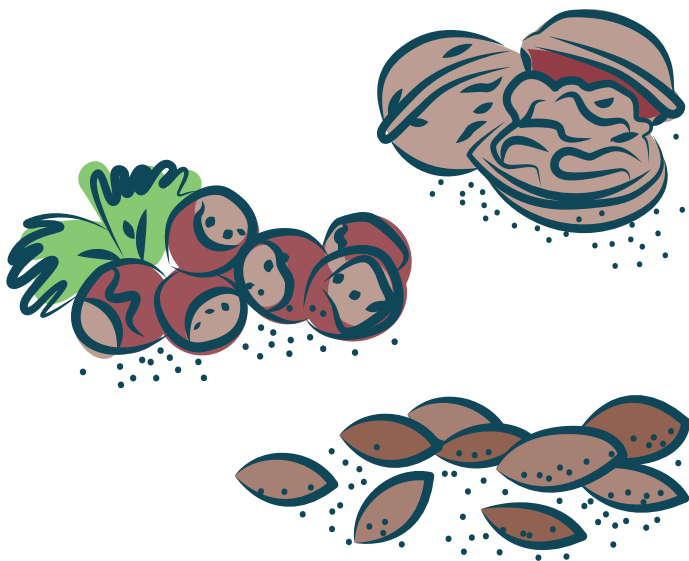
APELSĪNI



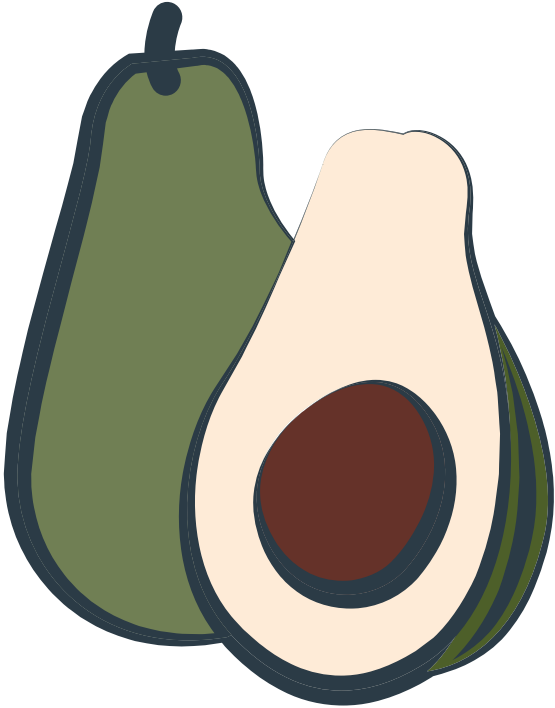
BROKOŁI



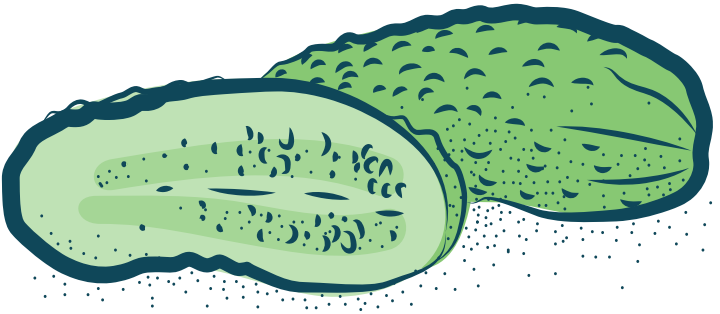
SIERS



RIEKSTI



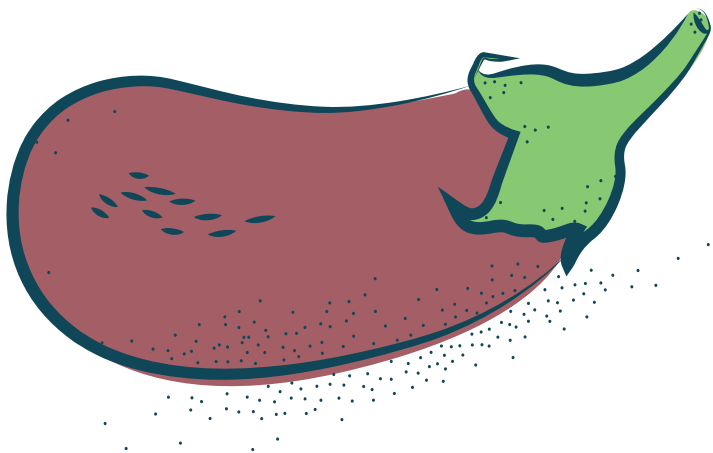
AVOKADO



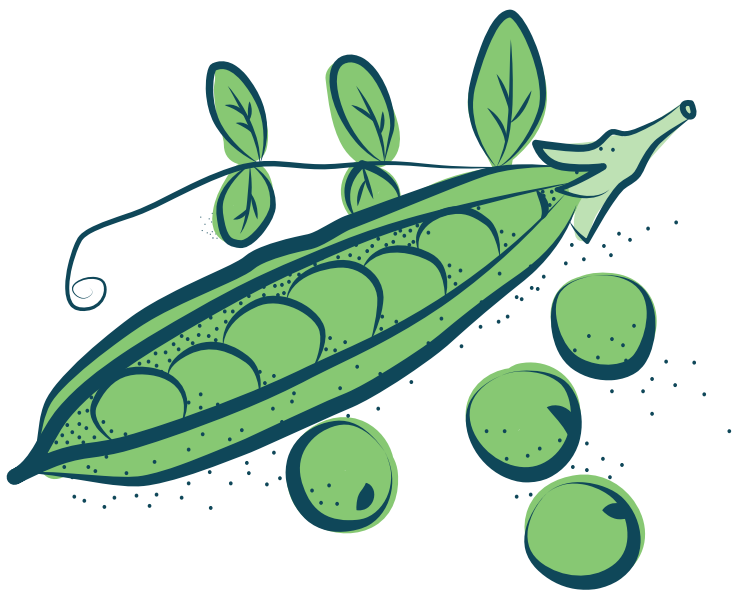
GURKI



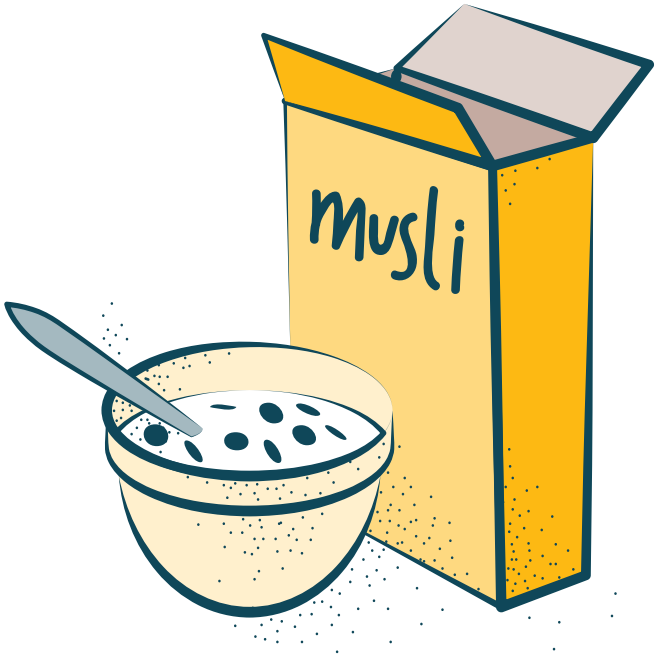
IPLOKI
,



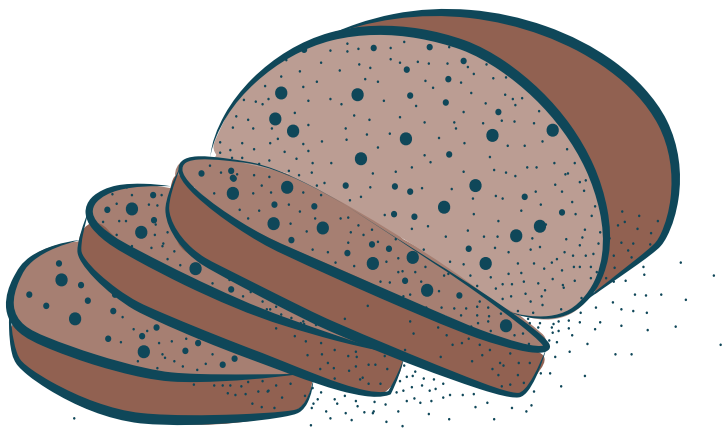
BAKLAŽĀNS



ZIRNI
,



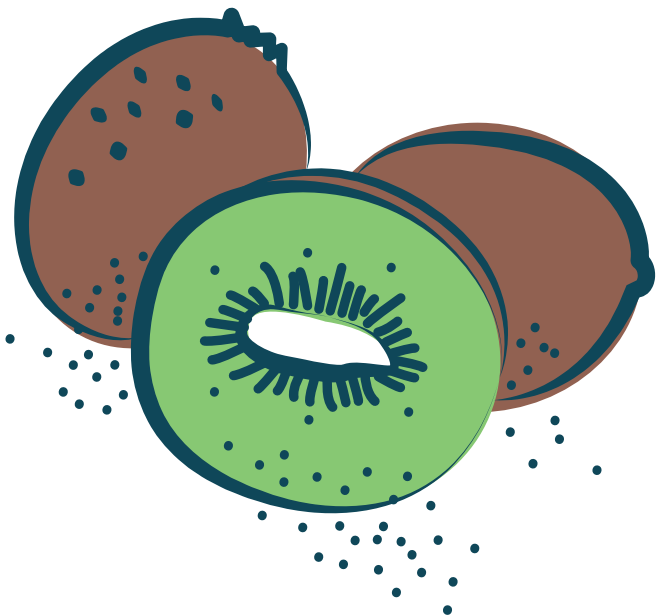
MUSLIS



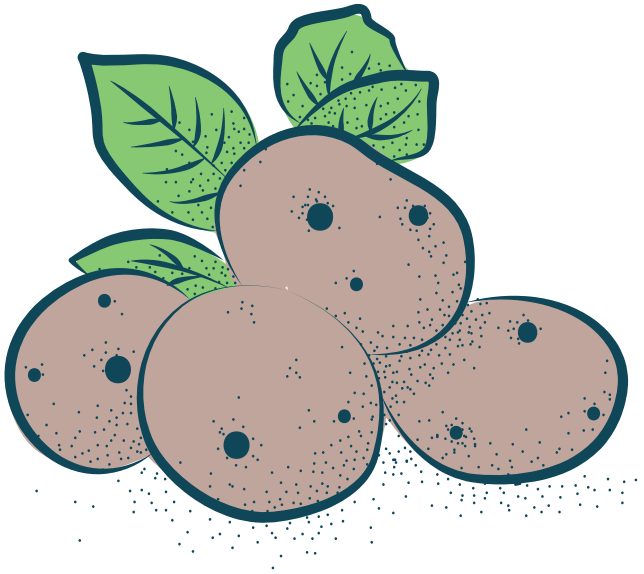
MAIZE



IRBIS



KIVI



KARTUPELİ



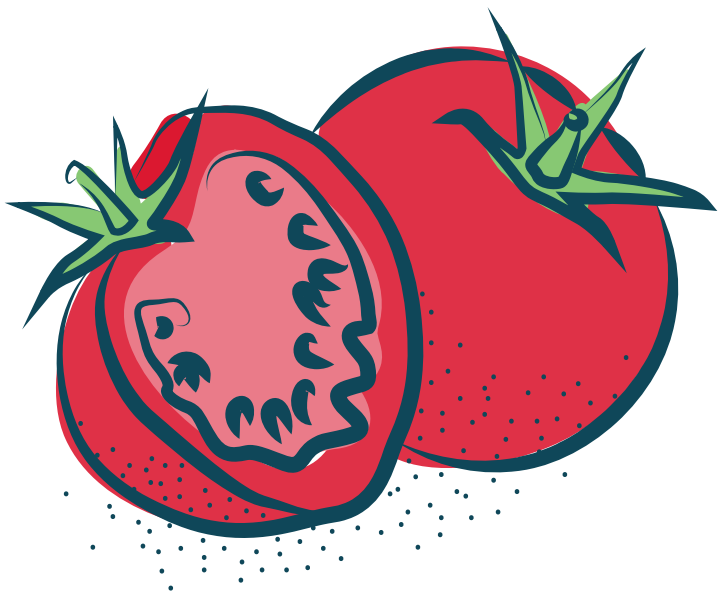
RĪSI



BURKĀNI



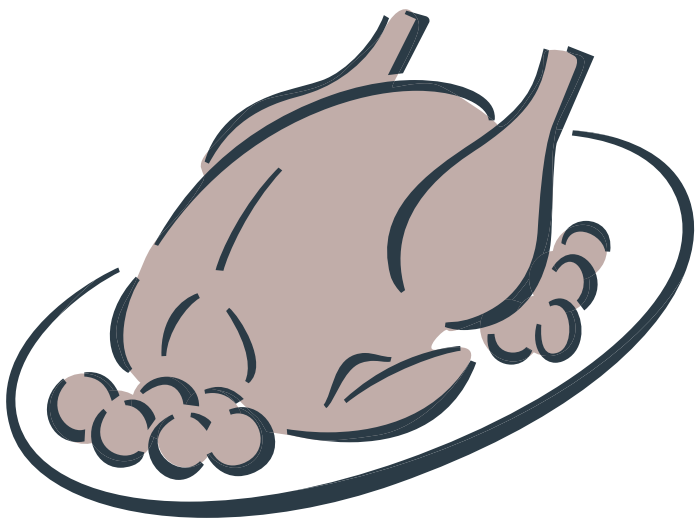
ELLAS
”



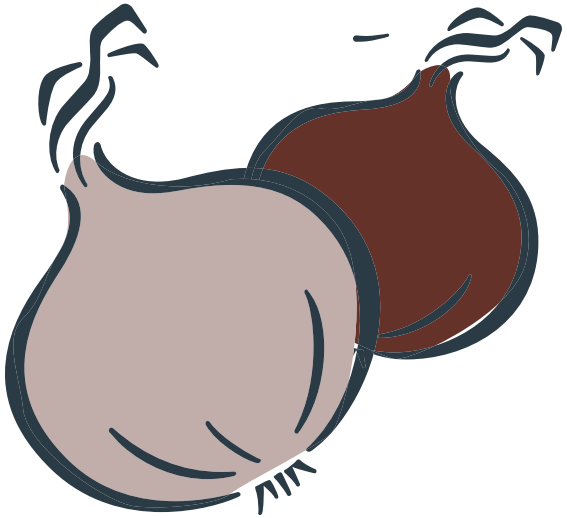
TOMĀTI



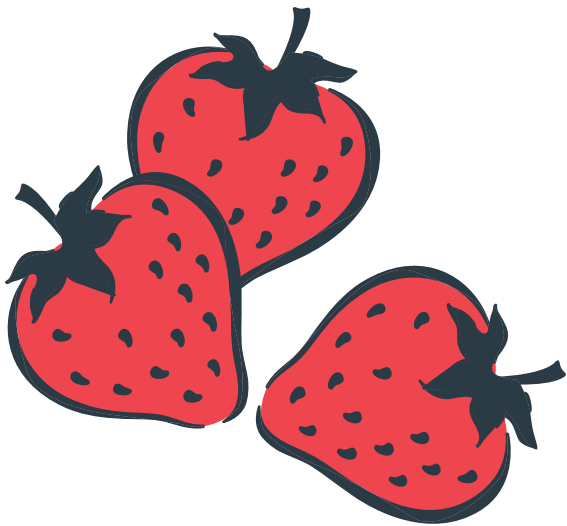
ZIVIS



VISTAS GAŁA,



SĪPOLI



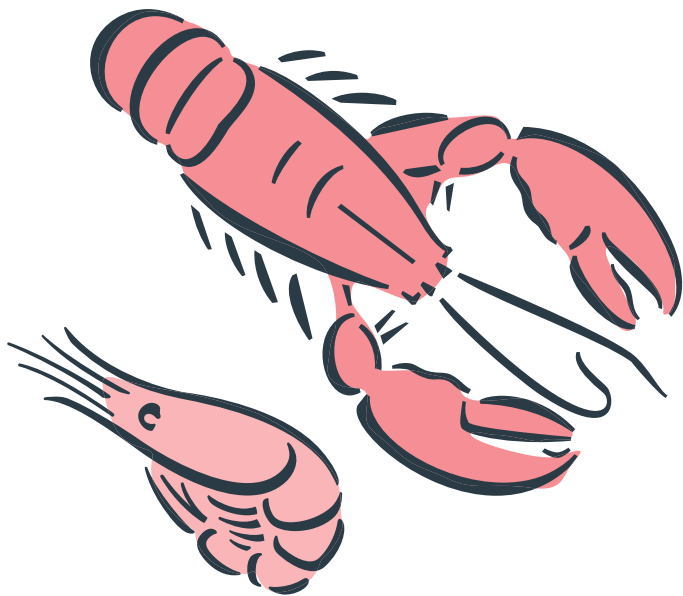
ZEMENES



REDĪSI



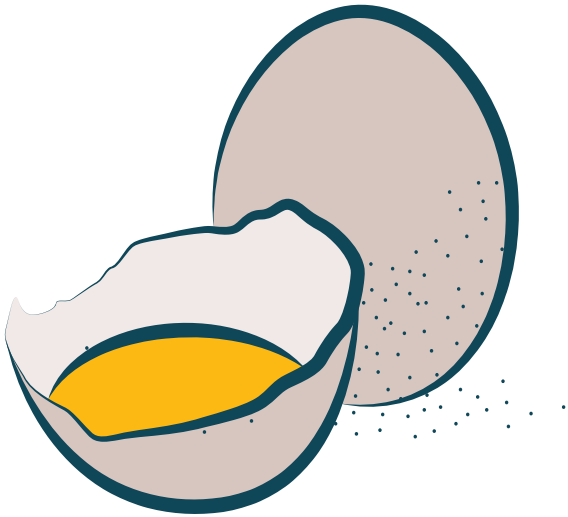
MAKARONI



JŪRAS VELTES



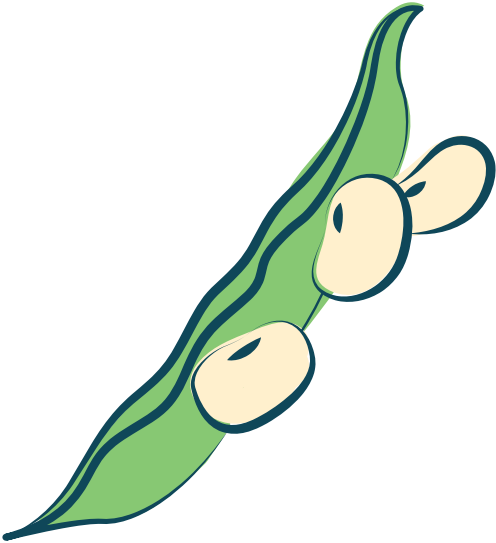
PIENS



OLAS



GRAUDAUGI



PUPAS

Pielikums metodiskajam materiālam izstrādāts
ESF projekta Nr.9.2.4.2/16/I/106 «Slimību
profilakses un kontroles centra organizēti vietēja
mēroga pasākumi sabiedrības veselības
veicināšanai un slimību profilaksei pašvaldībās»
ietvaros.

Materiālu sagatavoja Slimību profilakses un
kontroles centrs sadarbībā ar SIA «OnPlate».

Adrese: Dunties iela 22, Rīga LV-1005
Tālrunis: 371 67501590
E-pasts: info@spkc.gov.lv
Mājaslapa: www.spkc.gov.lv / sadaļa “Projekti”

Seko mums sociālajos tīklos:
draugiem.lv/sveiksunvesels
facebook.com/SPKCentrs
twitter.com/SPKCentrs
Youtube: Slimību profilakses un kontroles centrs

Pārpublicēšanas un citēšanas gadījumā atsauce
uz Slimību profilakses un kontroles centru
obligāta.

Bezmaksas izdevums