

## TALDRIKUREEGLI TUTVUSTUS\*

Taldrikureeglit tutvustavat materjali ja pilti on kasutatud Annely Sootsi Koolituse tervisekooli loal. Rohkem infot leiad ka tervisekool.ee

### TALDRIKUREEGEL

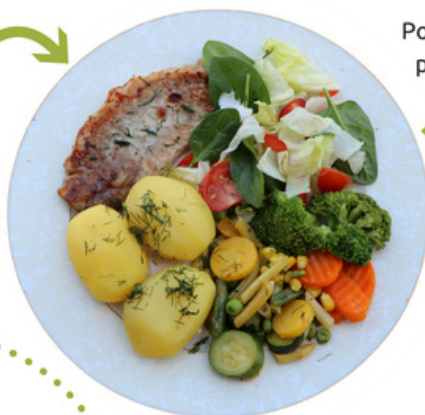
JÄRGI IGAL SUUREMAL TOIDUKORRAL TALDRIKUREEGLIT  
JAOTA TALDRIK MÖTTES **KAHEKS**:



Pool taldrikust jaga **KAHEKS**:

- millest ühe poole ehk taldrikuveerandi täidavad **valgurikkad toidud** – kala või liha, taimetoitlastel tofu või/kaunviljad,
- teise poole aga **süivesikuterikkad toiduained** – täisterariis, kartul, täisteraspagetid, leib.

Pool taldrikust peaksid hõlmama **KÖÖGIVILJAD**: pool neist toorelt (salatina) ja pool hautatuna.



#### VALGURIKKAD TOIDUD

lahja sea- või loomaliha, juust, kodujuust, kana (ilma nahata), kalkun (ilma nahata), munad, krevetid, makrell, austrid, sardiinid, tursk, forell, merekarbid, lõhe, tuunikala, jogurt (naturaalne, väherasvane), 2,5%-line lehmapiim, hummus, sojapiim, keedetud oad, läätsed, kikerhernes, tofu, sojahakkliha.

#### SÜIVESIKUTERIKKAD TOIDUD

kaer, pruun riis (eelistatult basmati), keedukartul, maguskartul, mais, maisitõlvik, manna, pastatooted (eelistatult täistera-), täistera-rukkileib, põldoad.

#### KÖÖGIVILJAD

brokoli, spinat, lehtkapsas, aeduba, hernes, kabatšokk, kapsas, rooskapsas, lillkapsas, porgand, sibul, küüslauk, tomat, seemned, salat, kurk, seller, piprad-paprikad, apteegitill, salathernes, baklažaan.

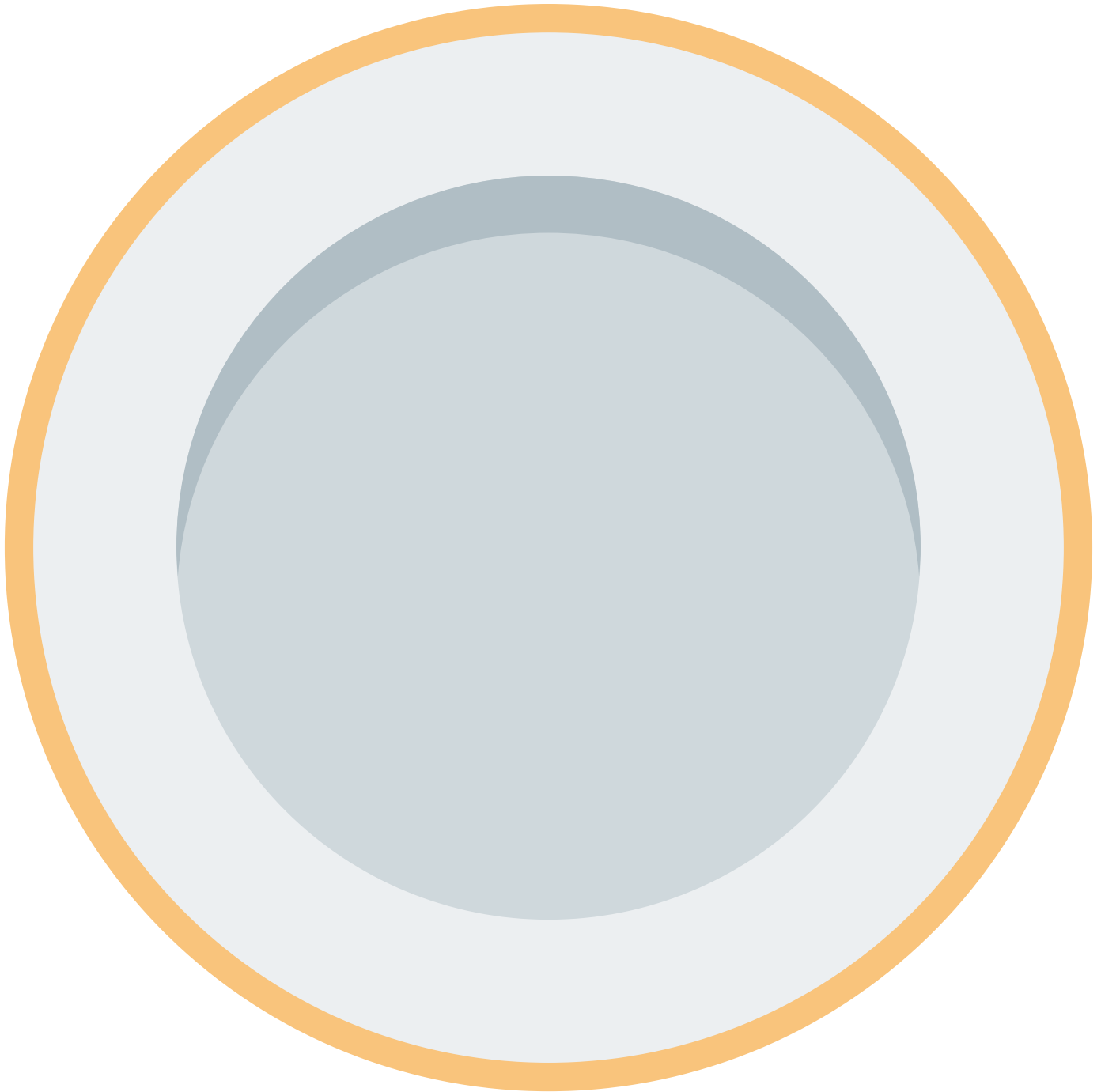
Rohkem infot [WWW.TERVISEKOOL.EE](http://WWW.TERVISEKOOL.EE)



Materjal on ainult isiklikuks tarbeks või õppetegevustes kasutamiseks.

LÕIKA TALDRIK JA TOIDUPILDID VÄLJA NING KLEEBI TALDRIKULE LÕUNASÖÖK, MIS SULLE MEELDIKS VÕI SINU TAVALINE LÕUNASÖÖK.

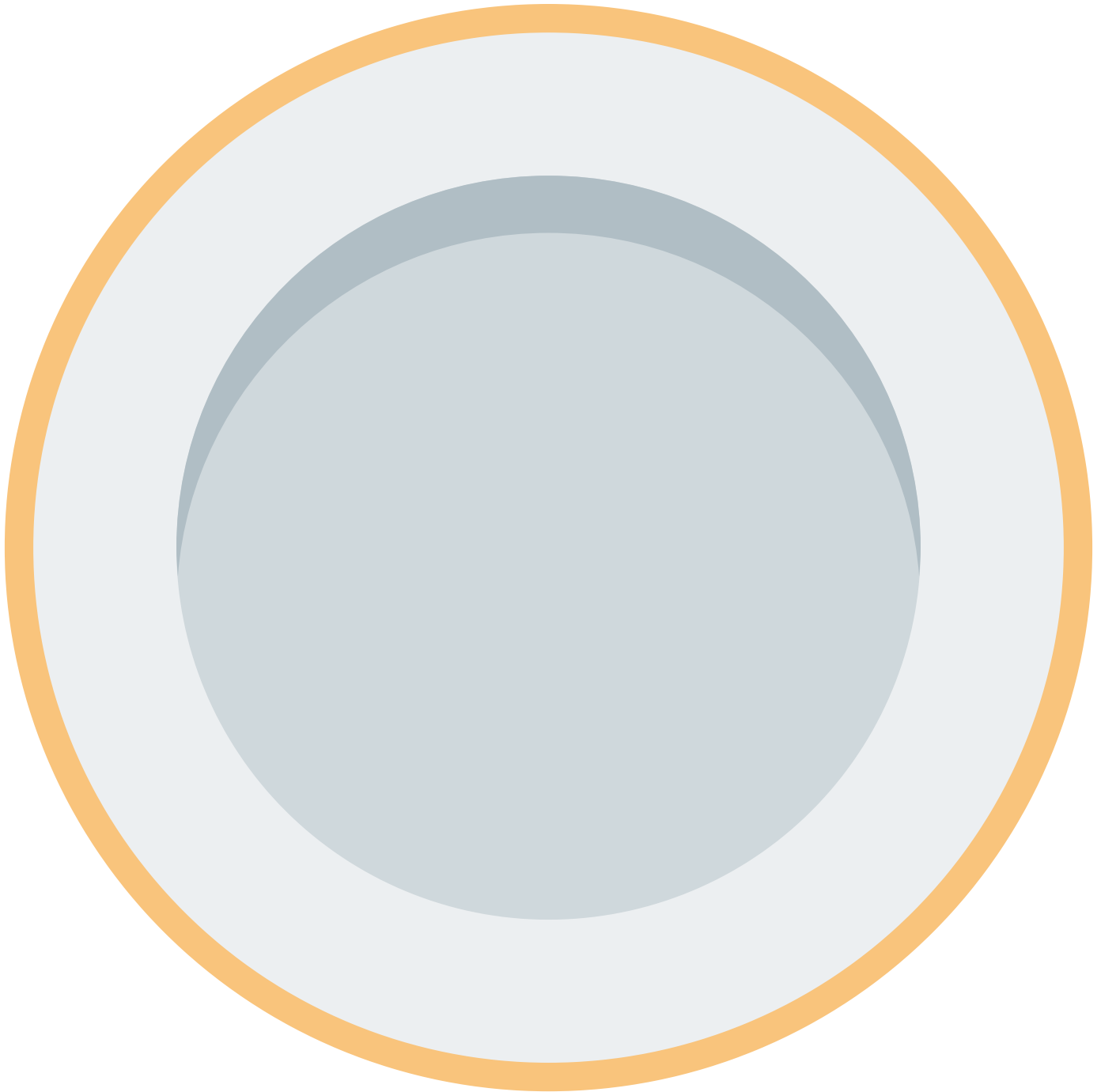
Taldrikureegli kohta saad lugeda esimeselt töölehel.



Materjal on ainult isiklikuks tarbeks või õppetegevustes kasutamiseks.

LÕIKA TALDRIK JA TOIDUPILDID VÄLJA NING KLEEBI TALDRIKULE LÕUNASÖÖK VASTAVALT  
TALDRIKUREEGLILE

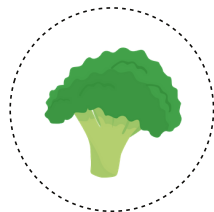
Taldrikureegli kohta saad lugeda esimeselt töölehel.



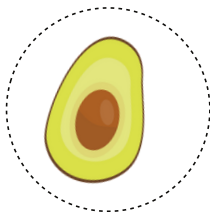
TARK REBANE

## LÕIKA TOIDUPILDID VÄLJA JA KLEEBI TALDRIKULE

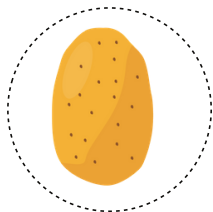
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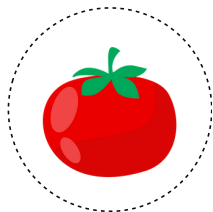
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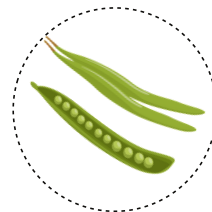
KARTUL



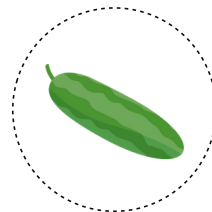
TOMAT



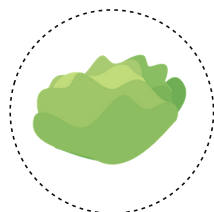
HERNED / OAD



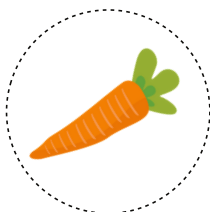
KURK



SALAT



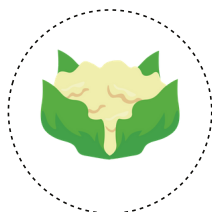
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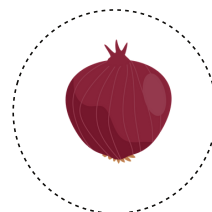
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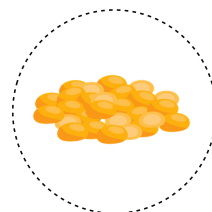
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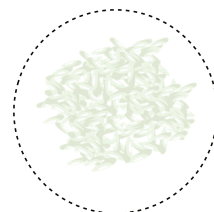
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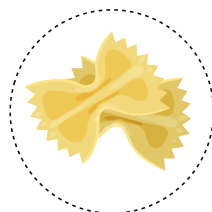
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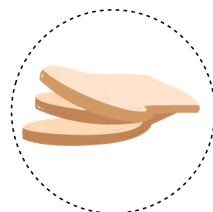
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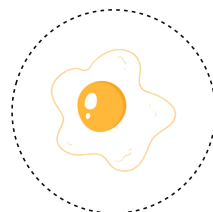
MAKARONID



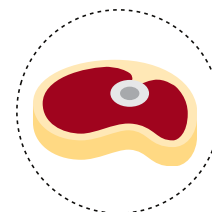
SEPIK



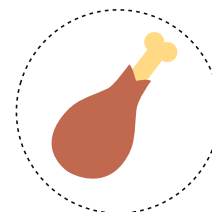
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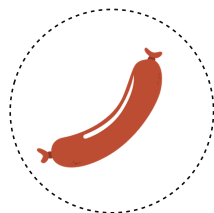
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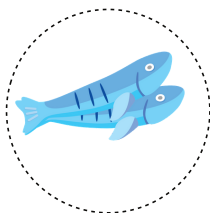
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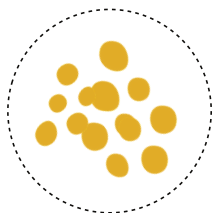
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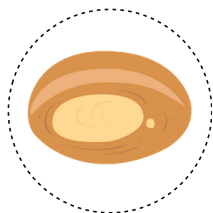
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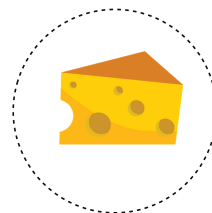
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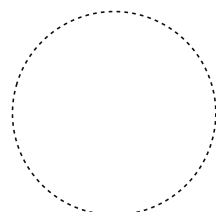
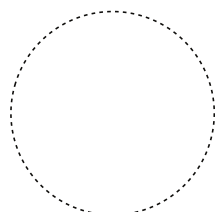
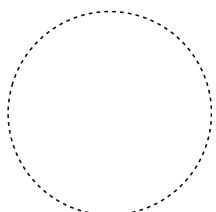
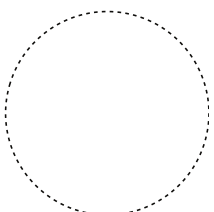
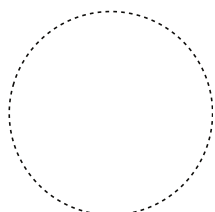
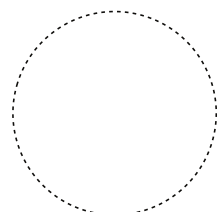
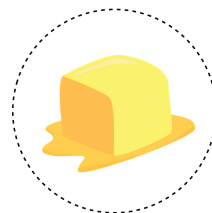
KUKKEL



JUUST



VÕI

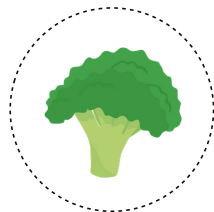


Kui lehel ei ole vajalikku toiduainet, siis saad ise need ringidesse joonistada või otse taldrikule. Samuti saab vanadest ajakirjadest ja ajalehtedest vajalikud pildid välja lõigata.

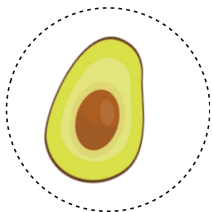


## LÕIKA TOIDUPILDID VÄLJA JA KLEEBI TALDRIKULE

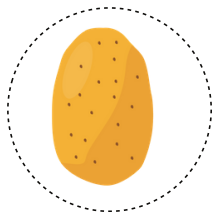
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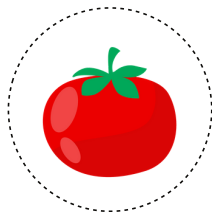
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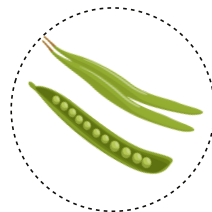
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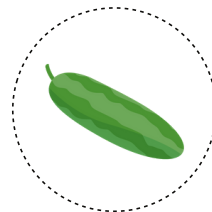
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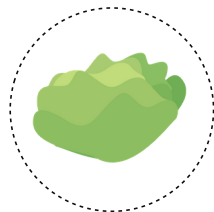
HERNED / OAD



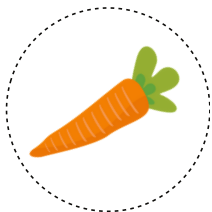
KURK



SALAT



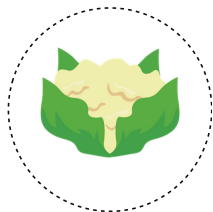
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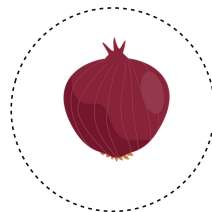
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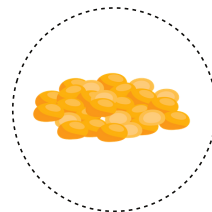
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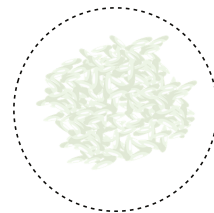
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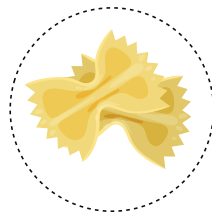
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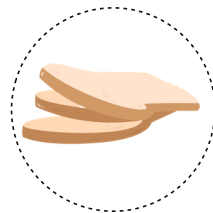
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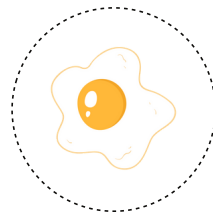
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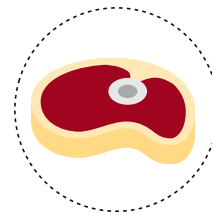
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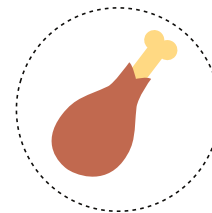
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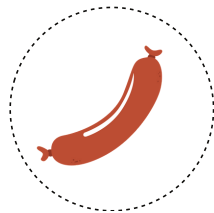
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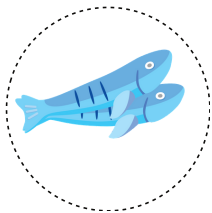
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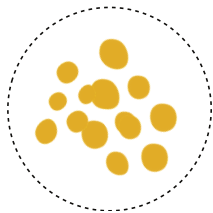
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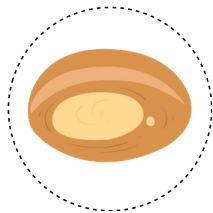
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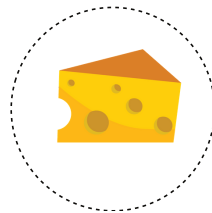
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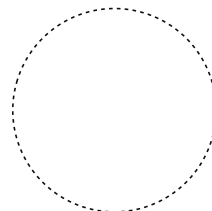
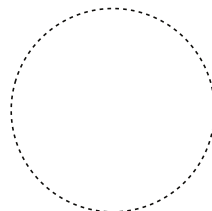
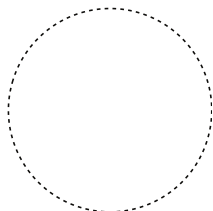
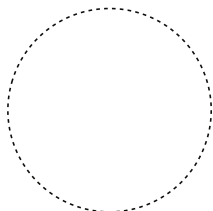
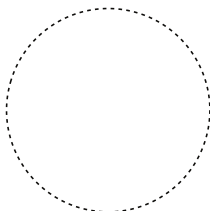
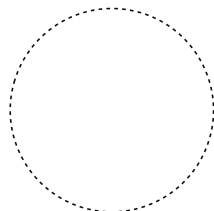
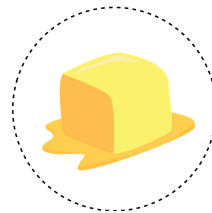
KUKKEL



JUUST



VÕI



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