

Pravilnom prehranom do zdravlja

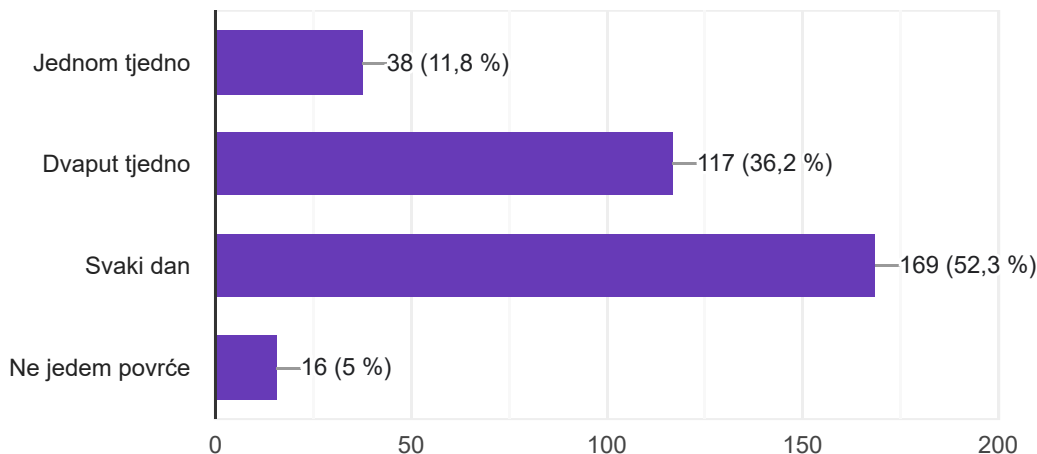
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[Objavlivanje analize](#)

1. Koliko često jedete povrće?

 Kopiraj

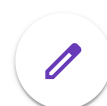
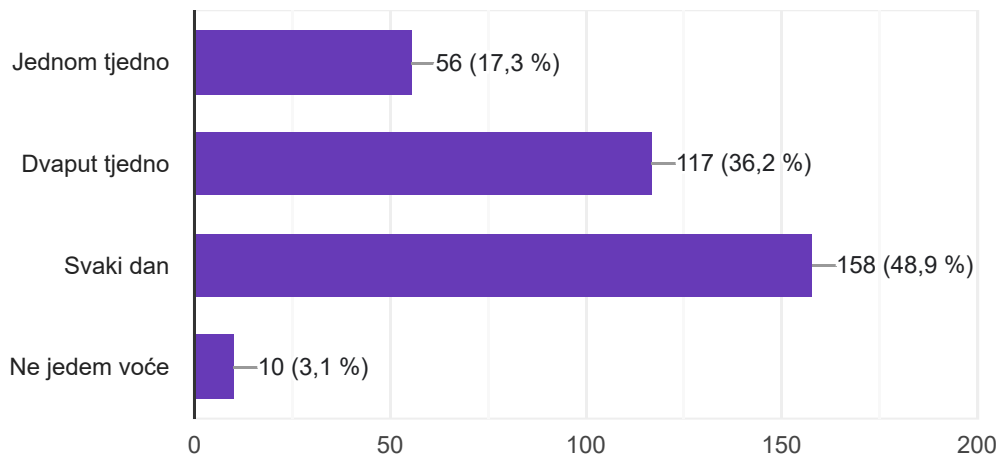
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2. Koliko često jedete voće?

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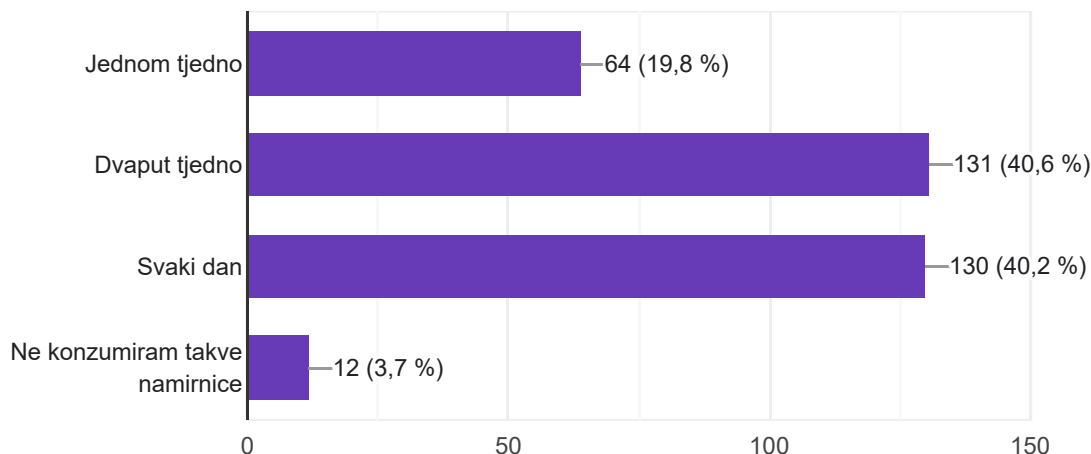
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3. Koliko često jedete slatkiše i grickalice?

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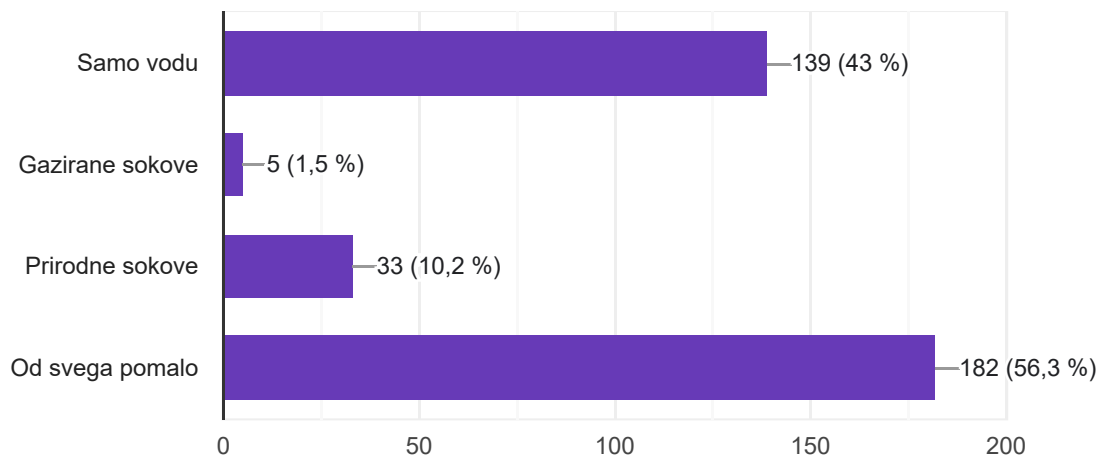
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4. Što pijete tijekom dana?

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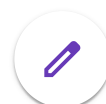
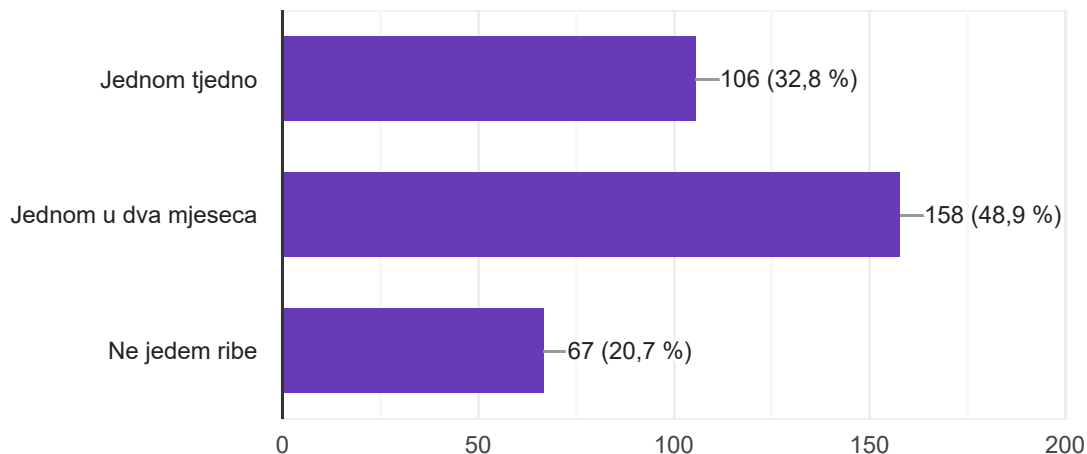
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5. Koliko često jedete ribu?

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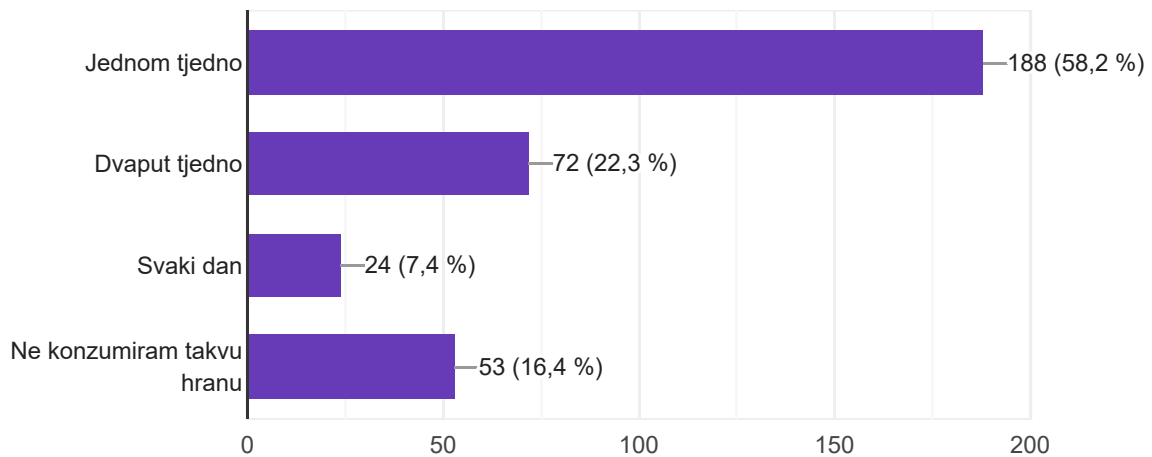
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6. Koliko često konzumirate gotova jela i jela brze prehrane (pizza, hamburger, konzerve...)

 Kopiraj

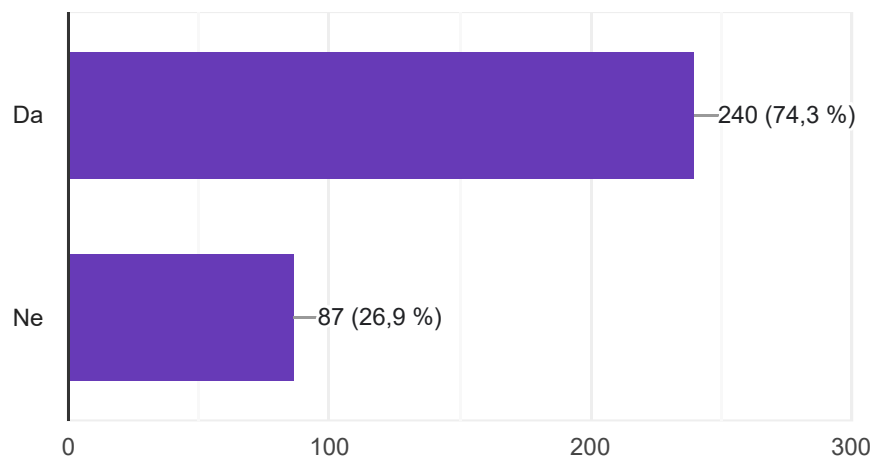
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7. Vodite li računa o svojoj tjelesnoj masi?

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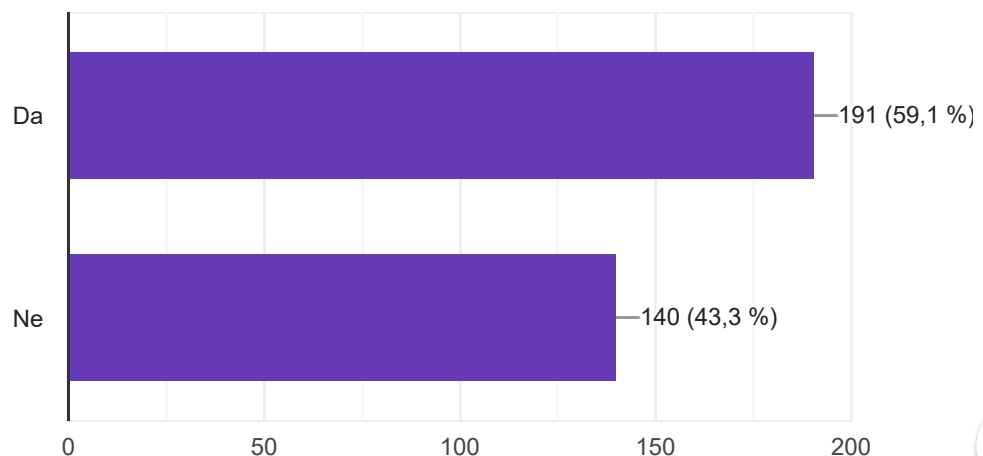
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8. Vodite li računa o zdravoj prehrani?

 Kopiraj

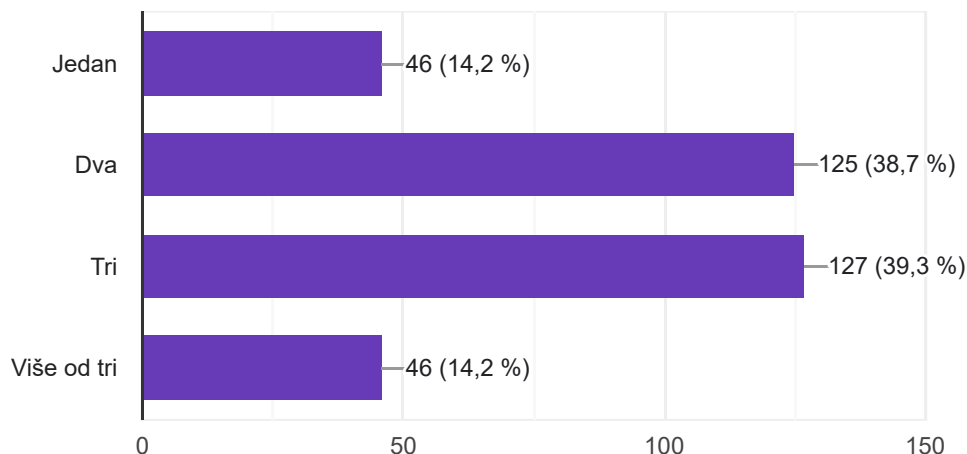
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9. Koliko glavnih obroka dnevno imate?

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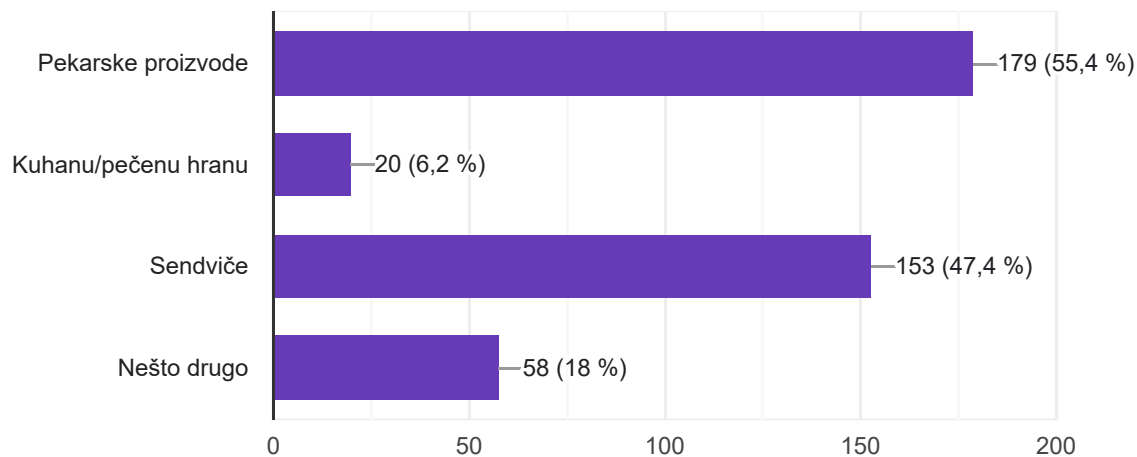
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10. Što uobičajeno jedete dok ste u školi?

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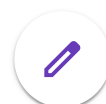
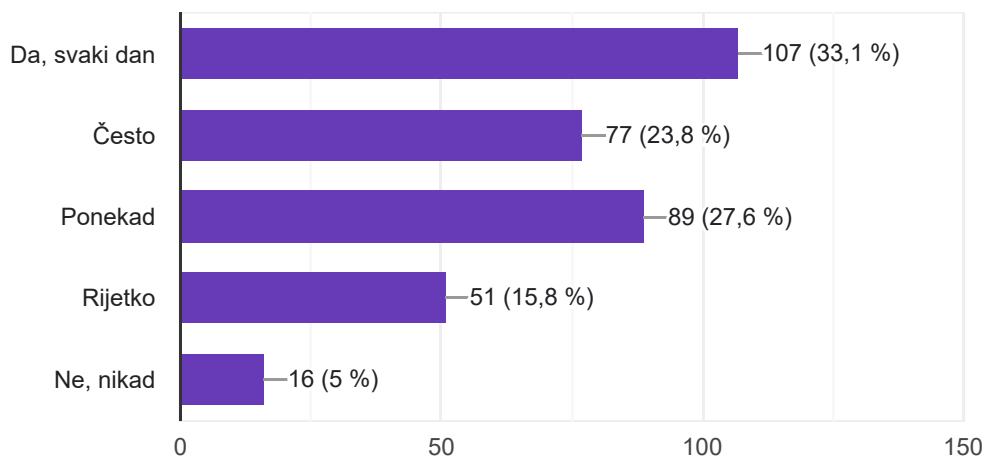
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11. Kupujete li hranu u školi?

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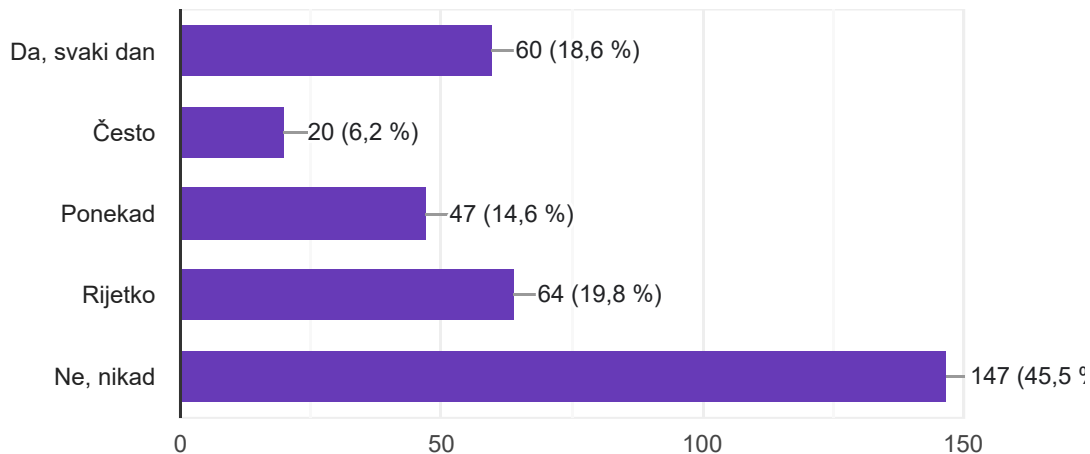
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12. Doručkujete li prije škole?

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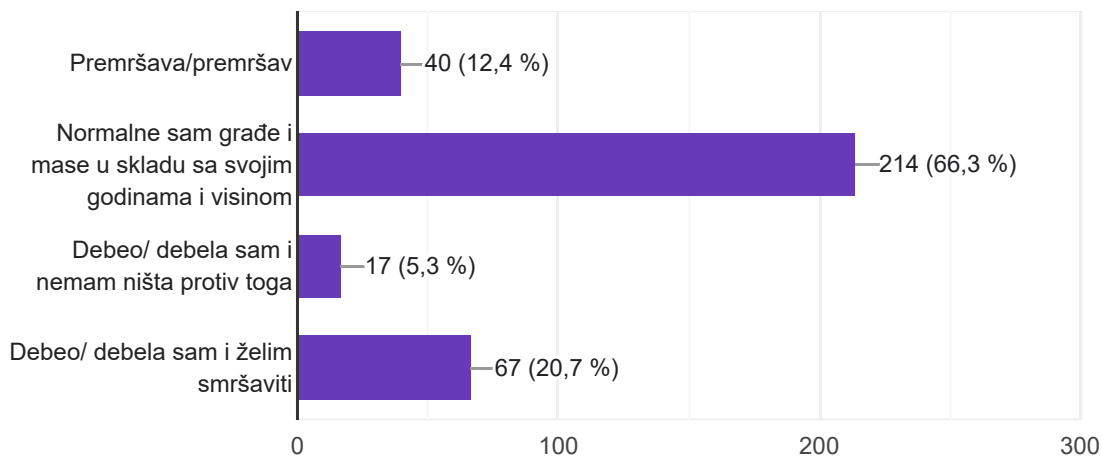
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13. Kako bi ste opisali građu svoga tijela u odnosu na masu?

 Kopiraj

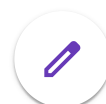
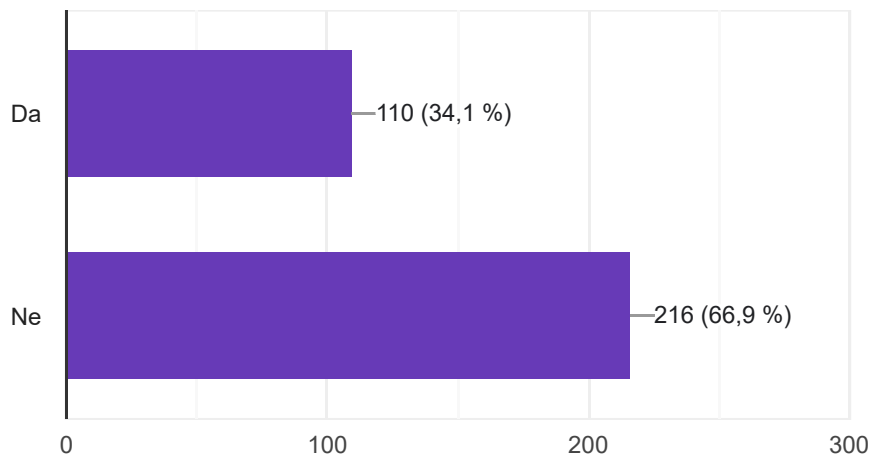
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14. Pazite li na unos soli u organizam?

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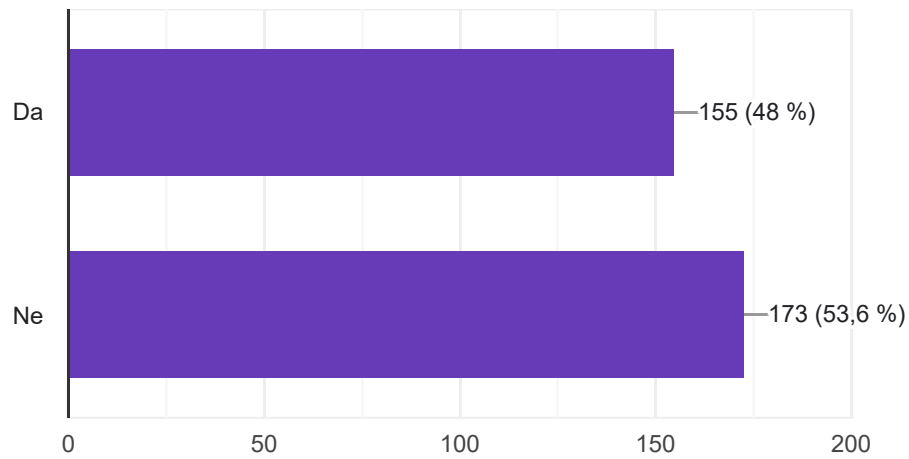
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15. Pazite li na unos šećera u organizam?

 Kopiraj

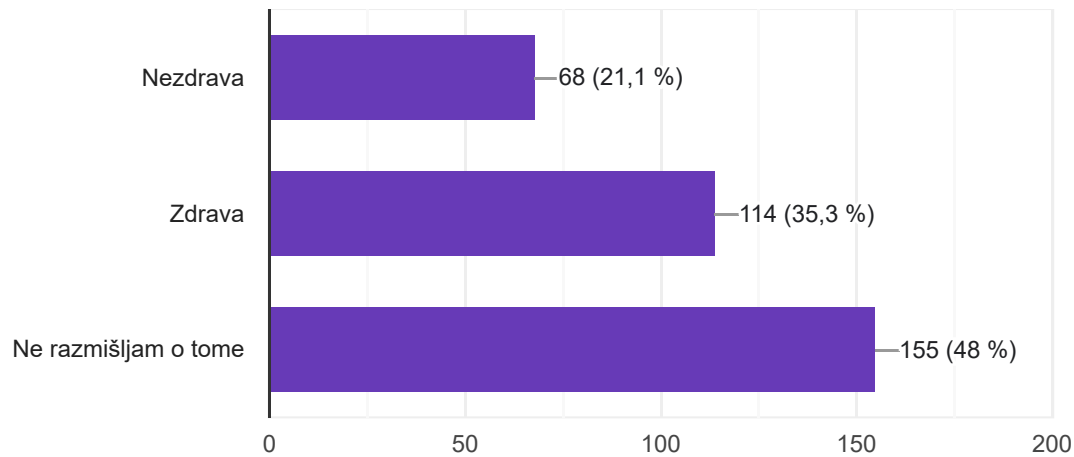
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16. Po vlastitoj procjeni, kakva je tvoja sveukupna prehrana?

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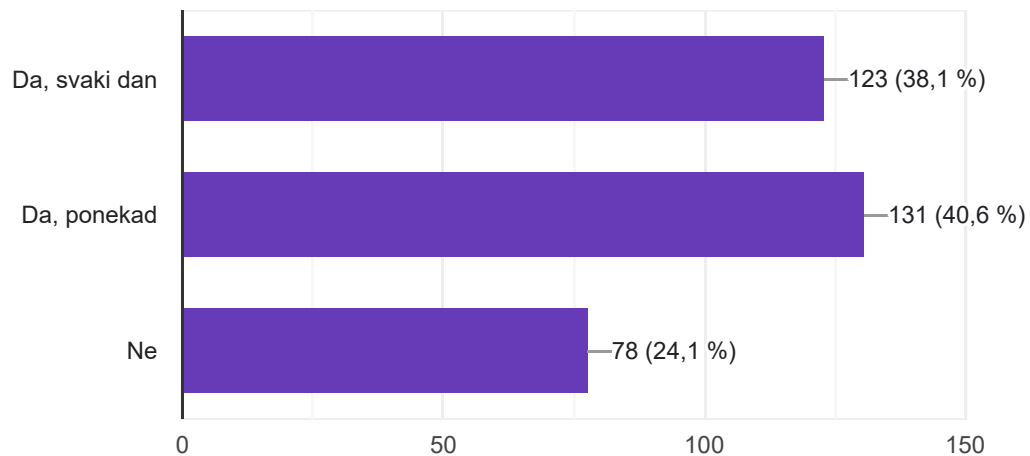
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17. Piješ li kavu?

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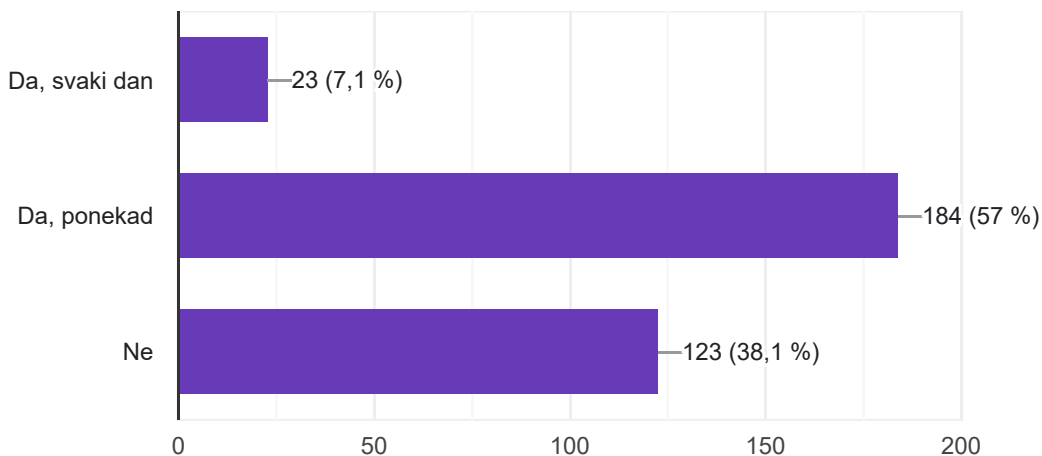
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18. Piješ li alkohol?

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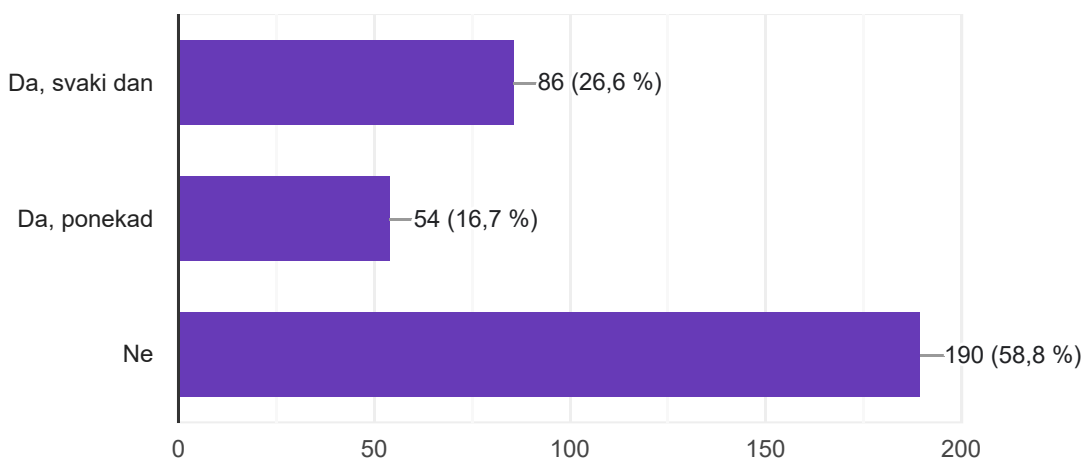
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19. Pušiš li?

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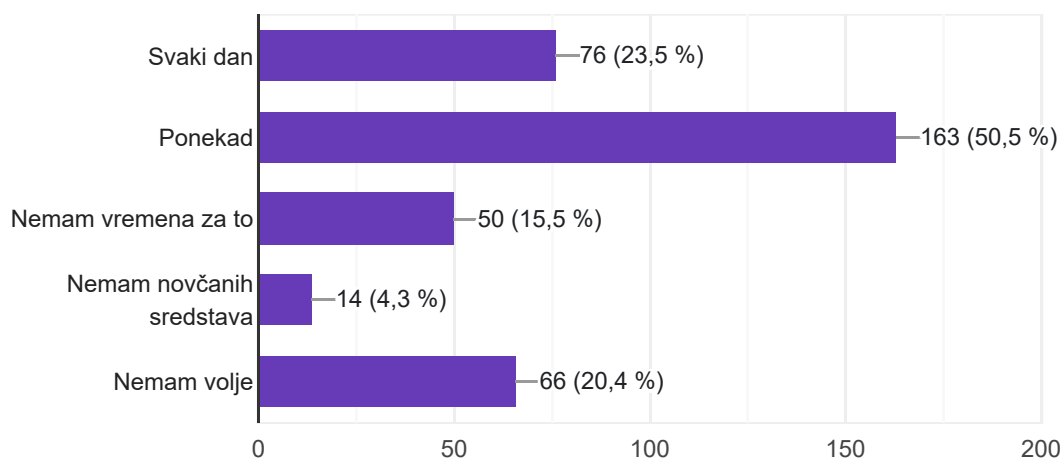
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20. Baviš li se sportom ili rekreacijom?

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