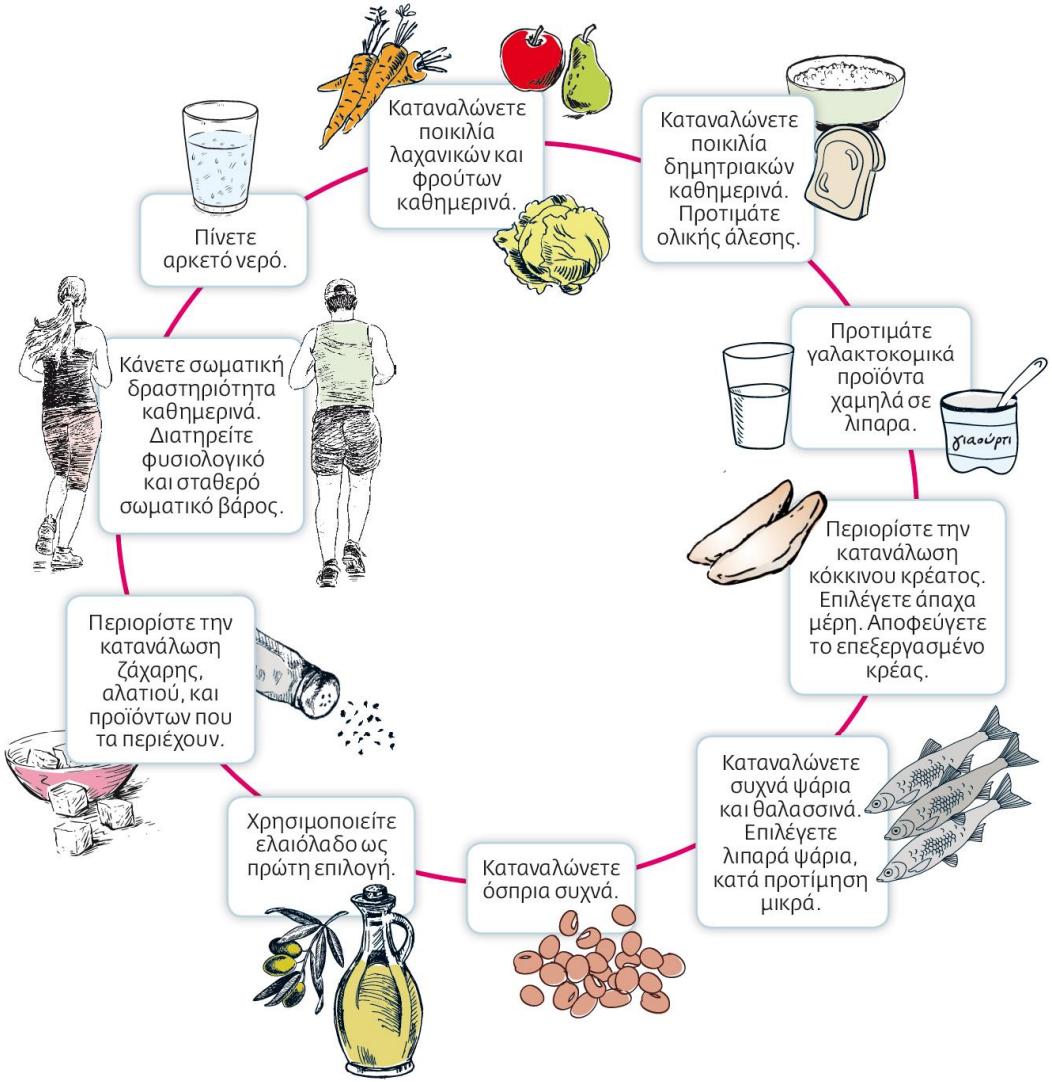Ο «Δεκάλογος» της Υγιεινής Διατροφής