

### Diários

Alfafa (Planta)  
Figo do Diabo  
Cacto (cru)  
Couve Galega  
Folha de Dente de Leão  
Endívia  
Escarola  
Mostarda Castanha  
Abóbora Pescoço  
Abóbora Esparguete  
Folha de Nabo

### NUNCA

### Ocasional

### Raramente



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Not published yet.  
Last updated 8th August, 2015.  
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