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**Bilder nach Themen**

Essen ab 60 Jahren / Essen neu erleben nach der Pensionierung

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* <https://www.freepik.com/free-photo/handsome-man-standing-kitchen-using-laptop-cooking_7285973.htm#fromView=search&page=2&position=35&uuid=3ce301bc-226b-4b14-9eef-7b65a1dabe0d&query=man+cooking+after+retirement>
* <https://www.freepik.com/free-photo/senior-woman-making-dish-with-figs-kitchen_40317667.htm#fromView=search&page=1&position=28&uuid=0377988e-72fa-4058-884a-e5b512299b21&query=cooking+right+after+retirement>

Flüssigkeit

* <https://www.freepik.com/free-photo/side-view-couple-drinking-water-outdoors_10830382.htm#from_element=cross_selling__photo>
* <https://www.freepik.com/free-photo/expressive-senior-woman-posing_11196252.htm#fromView=search&page=1&position=2&uuid=d7c5c185-304e-4016-b6c6-58985daa0063&query=65+year+old+drinking+water>
* <https://www.freepik.com/free-photo/elderly-woman-drinking-water-after-workout-gym_21534568.htm#fromView=search&page=1&position=0&uuid=d7c5c185-304e-4016-b6c6-58985daa0063&query=65+year+old+drinking+water>

Protein

* <https://www.freepik.com/free-photo/flat-lay-arrangement-with-seeds-frame_5494399.htm#fromView=search&page=1&position=1&uuid=d6903a40-766d-47f8-bfa2-415b677c0b5a&query=plant+protein>
* <https://www.freepik.com/free-photo/delicious-ingredients-keto-diet_22281749.htm#fromView=search&page=1&position=20&uuid=e3e609f1-8c2c-4ded-a1d0-bafa33ad0ff0&query=variety+of+protein+on+the+plate>
* <https://www.freepik.com/free-photo/flat-lay-foodstuff-copy-space_21761354.htm#fromView=search&page=1&position=8&uuid=bf249d82-37e9-4b2d-a768-d767e201cc36&query=keto+diet+foods>

Gewicht

* <https://www.freepik.com/free-photo/portrait-smiley-stylish-senior-woman_16293650.htm#fromView=search&page=1&position=11&uuid=dfcc3a79-b4f1-43f0-94c7-c989de7dd242&query=65+year+old+lookung+at+herself>
* <https://www.freepik.com/free-photo/expressive-senior-female-posing-indoor_11193919.htm#from_element=cross_selling__photo>

Brainfood

* <https://www.freepik.com/free-photo/balanced-nutrition-concept-clean-eating-flexitarian-mediterranean-diet-top-view-flat-nutrition-clean-eating-food-concept-diet-plan-with-vitamins-minerals-salmon-shrimp-mix-vegetables_14628314.htm#fromView=search&page=1&position=45&uuid=0750ee4d-c47b-4b89-b610-d3873d1c1672&query=healthy+fats>
* <https://www.freepik.com/free-photo/high-angle-delicious-foodstuff_21761355.htm#fromView=search&page=1&position=48&uuid=0750ee4d-c47b-4b89-b610-d3873d1c1672&query=healthy+fats>

Kleine Schritte zur Veränderung

* <https://www.freepik.com/free-photo/handsome-man-standing-kitchen-using-laptop-cooking_7285973.htm#fromView=search&page=2&position=35&uuid=3ce301bc-226b-4b14-9eef-7b65a1dabe0d&query=man+cooking+after+retirement>
* <https://www.freepik.com/free-photo/expressive-senior-female-posing-indoor_11201633.htm#fromView=search&page=1&position=35&uuid=5ee806c4-c3b0-4a58-bf8a-d492346890a7&query=senior+woman+in+the+kitchen>

Einkaufszettel

* <https://www.freepik.com/free-photo/top-view-recipe-book-still-life-concept_16920721.htm>

Vielfalt auf dem Teller

* <https://www.freepik.com/free-photo/top-view-empty-plate-around-eggs-tomatoes-seasonings-italian-pasta-dark-background-color-food-meal-kitchen-cuisine-fruit_23581830.htm#fromView=search&page=1&position=47&uuid=84b1b62b-a5c2-4db0-b2e0-989001df01bc&query=variety+on+the+plate>
* <https://www.freepik.com/free-psd/balanced-diet-plate-delicious-nutritious-meal_405493566.htm#fromView=search&page=1&position=1&uuid=d94784cf-63e0-4d4f-9192-7e6326679855&query=all+food+groups+on+the+plate>
* <https://www.freepik.com/free-psd/balanced-diet-plate-healthy-eating-guide_405493605.htm#fromView=search&page=1&position=3&uuid=d94784cf-63e0-4d4f-9192-7e6326679855&query=all+food+groups+on+the+plate>

Nahrungsfasern

* <https://www.freepik.com/free-photo/real-food-pyramid-assortment-still-life_39204995.htm#fromView=search&page=2&position=40&uuid=4febf6eb-bd5c-4413-904e-13fa391e6e09&query=fibre+foods>
* <https://www.freepik.com/free-photo/real-food-pyramid-assortment_39205135.htm#fromView=search&page=1&position=11&uuid=4febf6eb-bd5c-4413-904e-13fa391e6e09&query=fibre+foods>

Kräuter und Gewürze

* <https://www.freepik.com/free-photo/turmeric-spices-table_9095080.htm#fromView=search&page=1&position=4&uuid=a94e87a7-8755-4c8c-a240-78cf9ae40a94&query=herbs+and+spices>
* <https://www.freepik.com/free-photo/diveristy-condiments-frame-with-copy-space_9095023.htm#fromView=search&page=1&position=11&uuid=a94e87a7-8755-4c8c-a240-78cf9ae40a94&query=herbs+and+spices>

Kochen

* <https://www.freepik.com/free-photo/senior-woman-making-dish-with-figs-kitchen_40317647.htm#fromView=search&page=1&position=16&uuid=4caf1d07-11dd-49e7-94bf-fd3653be6700&query=older+people+with+food>
* <https://www.freepik.com/free-photo/top-view-recipe-book-still-life-concept_16920721.htm>
* <https://www.freepik.com/free-photo/handsome-man-standing-kitchen-using-laptop-cooking_7285973.htm#fromView=search&page=2&position=35&uuid=3ce301bc-226b-4b14-9eef-7b65a1dabe0d&query=man+cooking+after+retirement>
* <https://www.freepik.com/free-photo/senior-woman-making-dish-with-figs-kitchen_40317667.htm#fromView=search&page=1&position=28&uuid=0377988e-72fa-4058-884a-e5b512299b21&query=cooking+right+after+retirement>

Nüsse

* <https://www.freepik.com/free-photo/nuts-kitchen-cloth_10157515.htm#fromView=search&page=1&position=22&uuid=7af5507c-a68e-407d-ba4f-10f618cbbfb7&query=nuts>
* <https://www.freepik.com/free-photo/overturned-bowl-filled-with-nuts_10157529.htm#fromView=search&page=1&position=30&uuid=7af5507c-a68e-407d-ba4f-10f618cbbfb7&query=nuts>

Achtsam essen

* <https://www.freepik.com/free-photo/senior-woman-enjoying-homemade-figs-dish_40318472.htm#fromView=search&page=1&position=19&uuid=95b420cd-a7a5-41eb-a4d2-b95a30a1466d&query=senior+relaxed+eating>
* <https://www.freepik.com/free-photo/senior-couple-having-breakfast-garden_3837428.htm#fromView=search&page=1&position=46&uuid=95b420cd-a7a5-41eb-a4d2-b95a30a1466d&query=senior+relaxed+eating>

Vitamin D

* <https://www.freepik.com/free-photo/old-people-having-fun-beach_30117729.htm#fromView=search&page=1&position=0&uuid=734bf913-8f3b-454a-8002-6722cae1ce14&query=senior+woman+in+the+sun+for+vitamin+D>
* <https://www.freepik.com/free-photo/mindfulness-concept-with-woman-seaside_6973467.htm#fromView=search&page=1&position=17&uuid=5d81bf3f-9531-45f2-832b-50deb569e488&query=older+woman+in+the+sun+for+vitamin+D>

In Gemeinschaft essen

* <https://www.freepik.com/free-photo/group-happy-mature-people-talking-about-their-memories-while-gathering-home-focus-is-mature-couple-with-photo-album_25910508.htm#fromView=search&page=1&position=1&uuid=aaa4c44c-b30c-43e0-a6fb-92ed4fd4f148&query=senior+eating+in+a+group>
* <https://www.freepik.com/free-photo/elder-group-friends-partying_43685821.htm#fromView=search&page=1&position=3&uuid=aaa4c44c-b30c-43e0-a6fb-92ed4fd4f148&query=senior+eating+in+a+group>
* <https://www.freepik.com/free-photo/elder-group-friends-partying_43685850.htm#fromView=search&page=2&position=40&uuid=aaa4c44c-b30c-43e0-a6fb-92ed4fd4f148&query=senior+eating+in+a+group>

Früchte und Gemüse

* <https://www.freepik.com/free-photo/flat-lay-fresh-vegetables-fruits_22632297.htm#fromView=search&page=1&position=5&uuid=7bce98a0-9dfe-4ef8-8832-a1568c340670&query=fruit+and+vegetables>
* <https://www.freepik.com/free-photo/flat-lay-fresh-fruits-vegetables-arrangement_22632472.htm#fromView=search&page=1&position=24&uuid=7bce98a0-9dfe-4ef8-8832-a1568c340670&query=fruit+and+vegetables>

Lieblingsessen

* <https://www.freepik.com/free-photo/very-simple-recipe-homemade-cake_11982999.htm#fromView=search&page=1&position=17&uuid=89ef03c8-7428-497c-8aa0-eb4e0f8bb77d&query=senior+recipes+from+grandma>
* <https://www.freepik.com/free-photo/senior-couple-looking-recipe-kitchen_3212214.htm#fromView=search&page=2&position=30&uuid=aecc4d8f-c9f1-4677-9809-b6915f078aaf&query=senior+recipe+book>

Appetitlosigkeit

* <https://www.freepik.com/free-photo/mirroring-female-senior-drinking-coffee_5962454.htm#fromView=search&page=3&position=19&uuid=3a75d24e-9631-4e99-ab6a-991294c13e85&query=%C3%A4ltere+Menschen+ohne+Appetit>

Bewegung

* <https://www.freepik.com/free-photo/older-woman-enjoying-hike-nature_22634622.htm#fromView=search&page=1&position=49&uuid=4547b8b9-1d49-49c6-8346-f71194283e75&query=senior+woman+hiking>
* <https://www.freepik.com/free-photo/portrait-senior-man-hiking-mountain_13561171.htm>
* <https://www.freepik.com/free-photo/portrait-senior-man-with-bike-mountain_13561184.htm#fromView=search&page=1&position=37&uuid=4c416fcb-d9f7-4b0e-801d-b50798fc0f22&query=senior+riding+bicycle>
* <https://www.freepik.com/free-photo/senior-woman-crossing-stone-bridge-while-out-nature_22634586.htm#fromView=search&page=2&position=34&uuid=ab271067-dfc2-4729-ad4c-c045a89310a1&query=60+year+old+people+walking+stairs>

Selbstfürsorge

* <https://www.freepik.com/free-photo/senior-woman-making-dish-with-figs-kitchen_40317647.htm#fromView=search&page=1&position=16&uuid=4caf1d07-11dd-49e7-94bf-fd3653be6700&query=older+people+with+food>
* <https://www.freepik.com/free-photo/man-enjoying-new-year-party-with-his-family_20282686.htm#fromView=search&page=1&position=21&uuid=3154db2f-2e63-493a-9ac9-1e3c0b3284b3&query=self+love+food+senior>
* <https://www.freepik.com/free-photo/senior-woman-enjoying-homemade-figs-dish_40318472.htm#from_element=cross_selling__photo>

Calcium

* <https://www.freepik.com/free-photo/senior-woman-holding-glass-milk-home-middle-age-woman-drinking-glass-fresh-milk-with-happy-face-standing-smiling-with-confident-smile-showing-teeth_27156141.htm#fromView=search&page=1&position=0&uuid=fe6b5573-5e56-4157-a7e6-1b69d04df90e&query=65+year+old+woman+drinks+milk>
* <https://www.freepik.com/free-photo/senior-woman-holding-glass-milk-home-middle-age-woman-drinking-glass-fresh-milk-with-happy-face-standing-smiling-with-confident-smile-showing-teeth_27156156.htm#fromView=search&page=1&position=1&uuid=fe6b5573-5e56-4157-a7e6-1b69d04df90e&query=65+year+old+woman+drinks+milk>
* <https://www.freepik.com/free-photo/milk-cottage-cheese-dairy-products_4868301.htm#fromView=search&page=1&position=20&uuid=e6203f3d-763d-49df-81c3-d05bb0f2192d&query=milk+and+calcium>

Verdauung

* <https://www.freepik.com/free-photo/front-view-old-woman-with-closed-eyes-beach_6967609.htm#fromView=search&page=1&position=5&uuid=0c5dcd81-b9f5-4010-9e82-7af52691eca1&query=65+year+old+woman+digestion>

Rezepte

* <https://www.freepik.com/free-photo/tasty-british-bean-stew-bowls_11037897.htm#fromView=search&page=1&position=7&uuid=ea6884b8-ba3c-40af-95db-f06a0f957dbf&query=chickpea+curry+with+carrot+and+spinach>
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* <https://www.freepik.com/free-photo/vegetarian-vegetable-casserole-with-zucchini-mushrooms-cherry-tomatoes_6963295.htm#fromView=search&page=1&position=0&uuid=52ded939-e5f4-4b3c-8504-6d99a91c428f&query=whole+baked+potatoes+with+raclette+cheese+and+vegetables>