

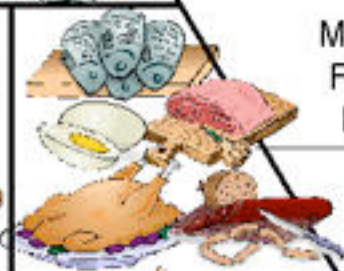
Fats, Oils, Sweets



Milk, Yogurt, Cheese



Meat, Poultry,
Fish, Beans,
Eggs, Nuts



Vegetables



Fruit



Bread, Cereal,
Pasta, Rice

