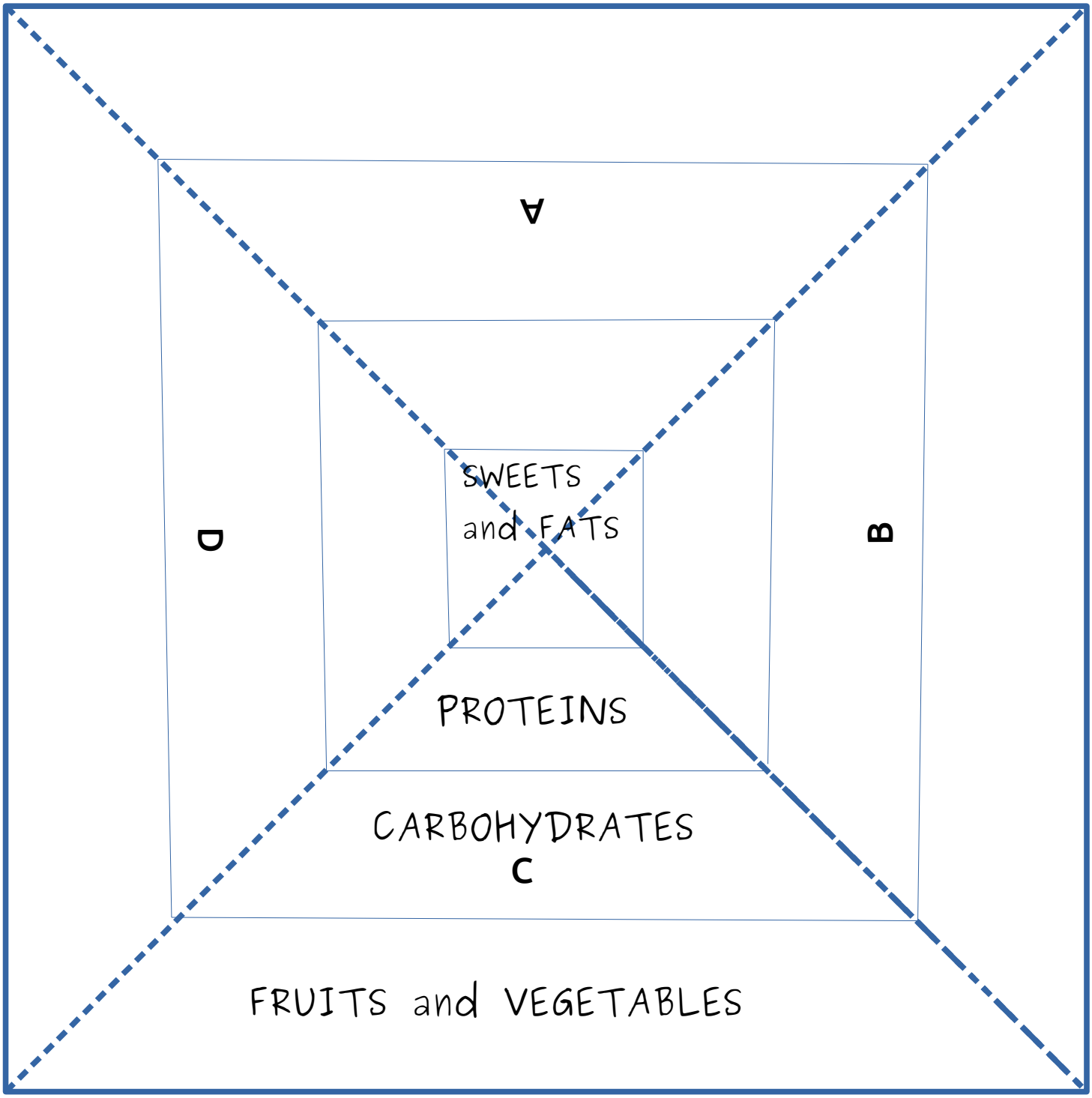
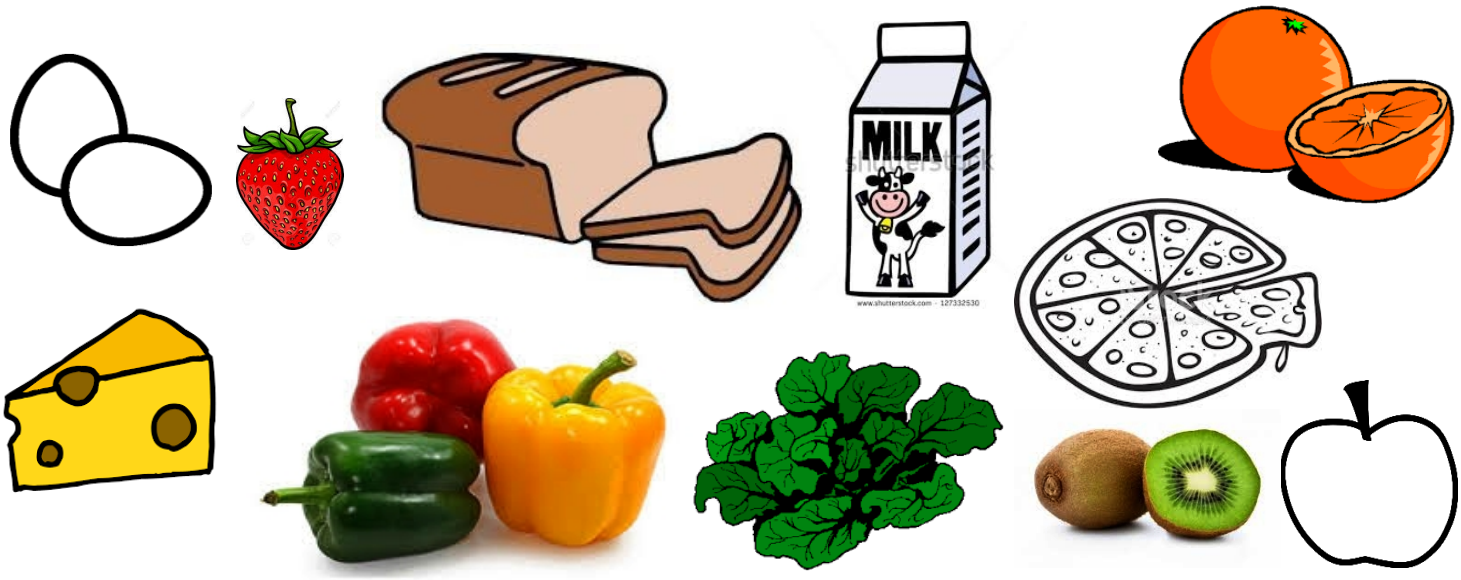
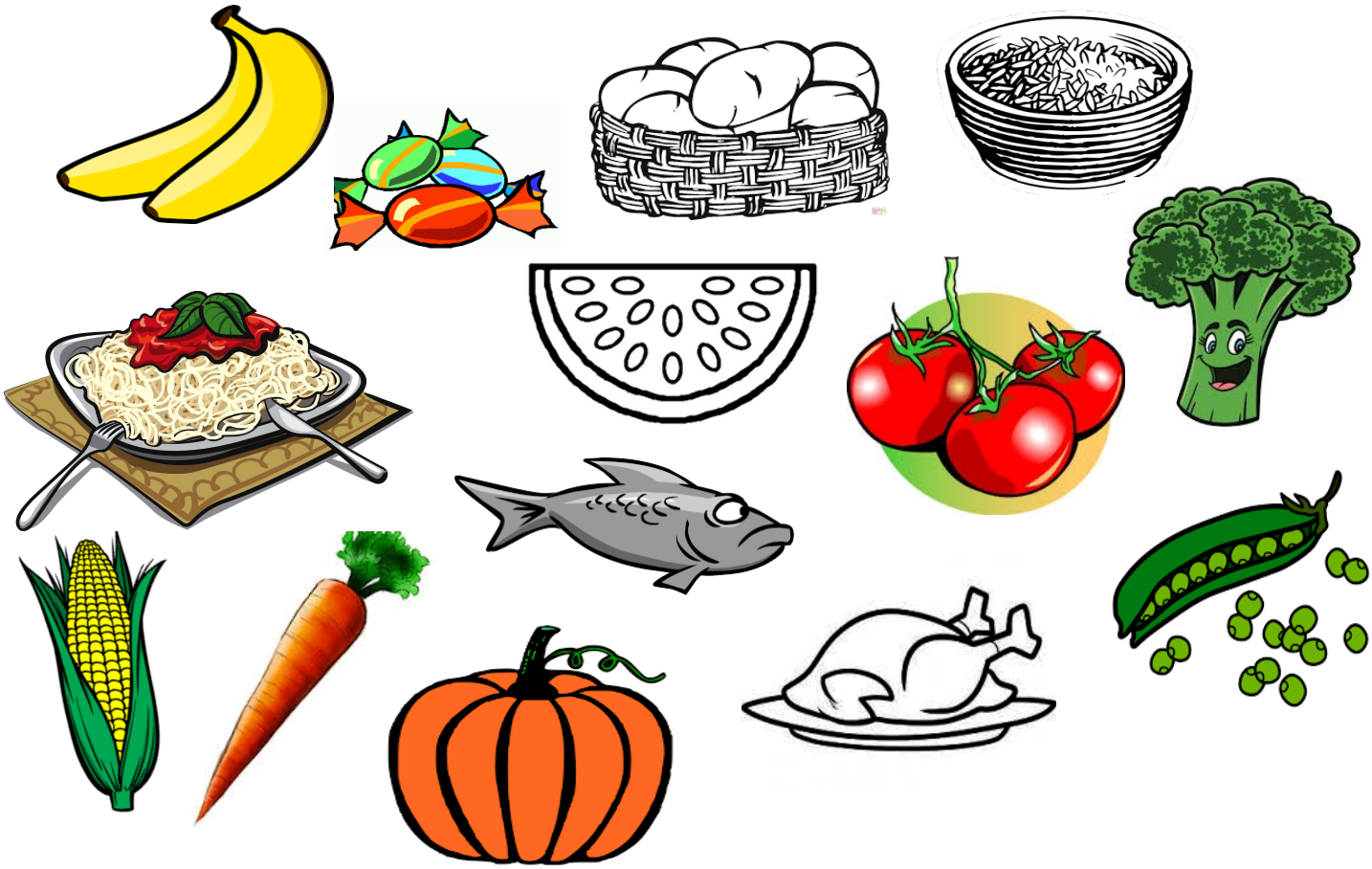

FRUITS and VEGETABLES
C
CARBOHYDRATES
PROTEINS
SWEETS
and FATS
B
D
A


MILK