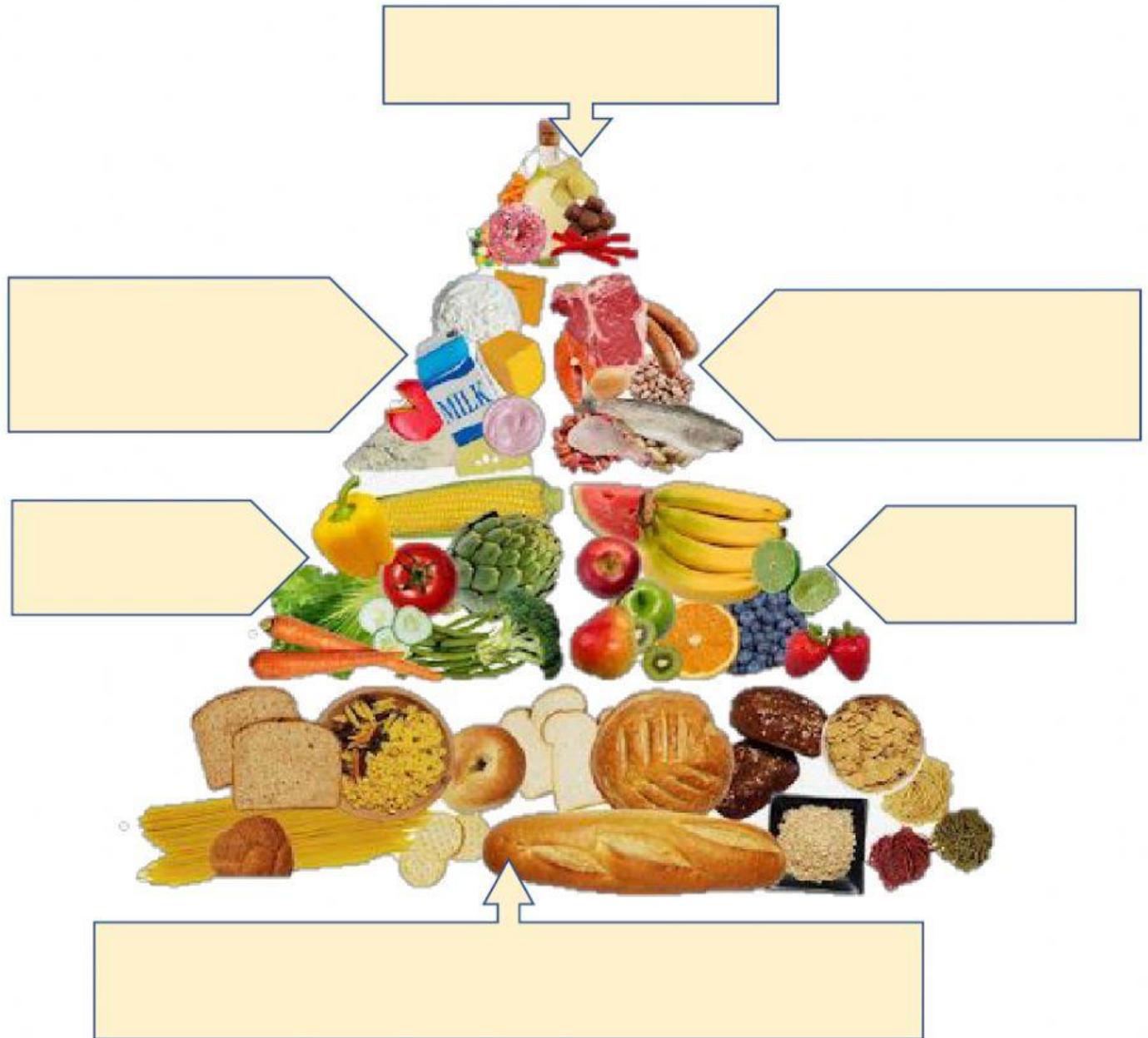


# Diet pyramid and balanced diet



grains 、 root and stem vegetables		
fruits	vegetables	nuts and fats
milk and dairy foods	meat and protein foods	