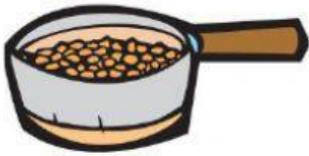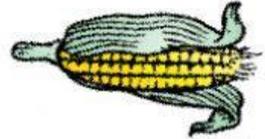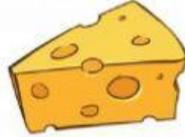# Healthy Food

Proteins

Grains

Fruits

Vegetables