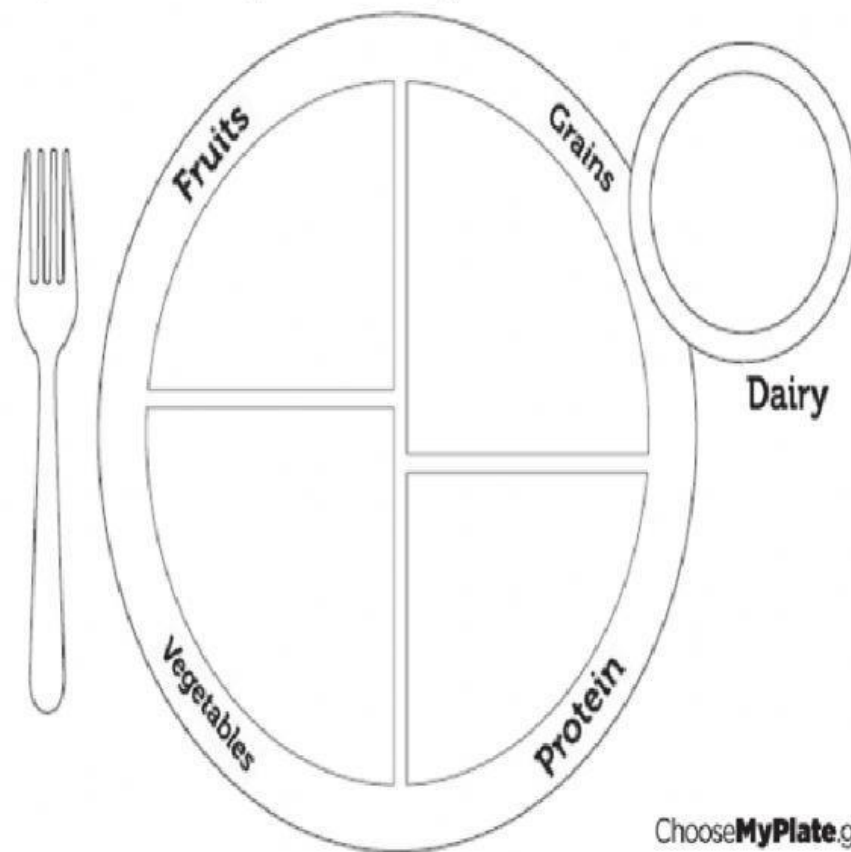


Today, I learned how much of each type of food I should be eating!



Protein



Carbohydrate



Dairy