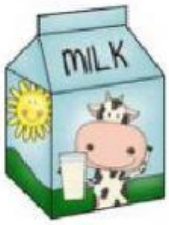
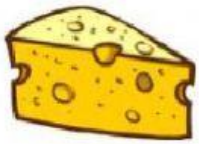
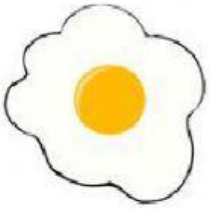
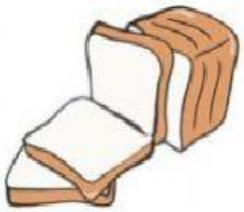
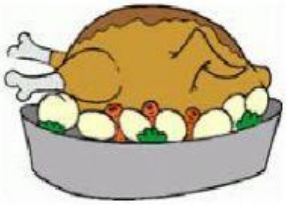
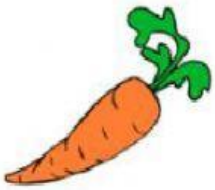
Grow, Glow and Go Foods

Identify which category do the foods below belong.