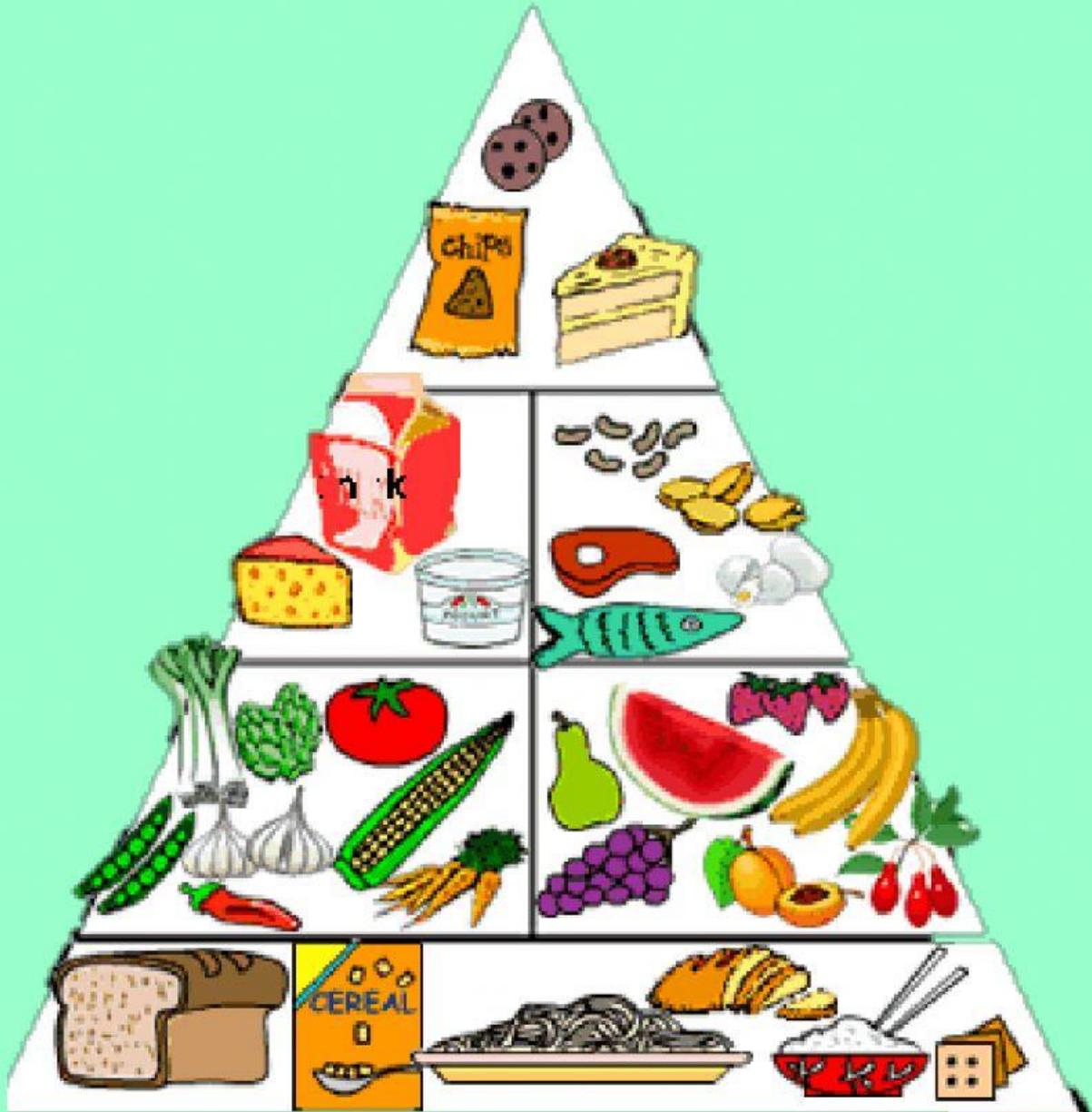


THE FOOD PYRAMID



FATS AND SWEETS

FRUITS

DAIRY PRODUCTS

VEGETABLES

MEAT AND SEAFOOD

CEREAL AND BREAD