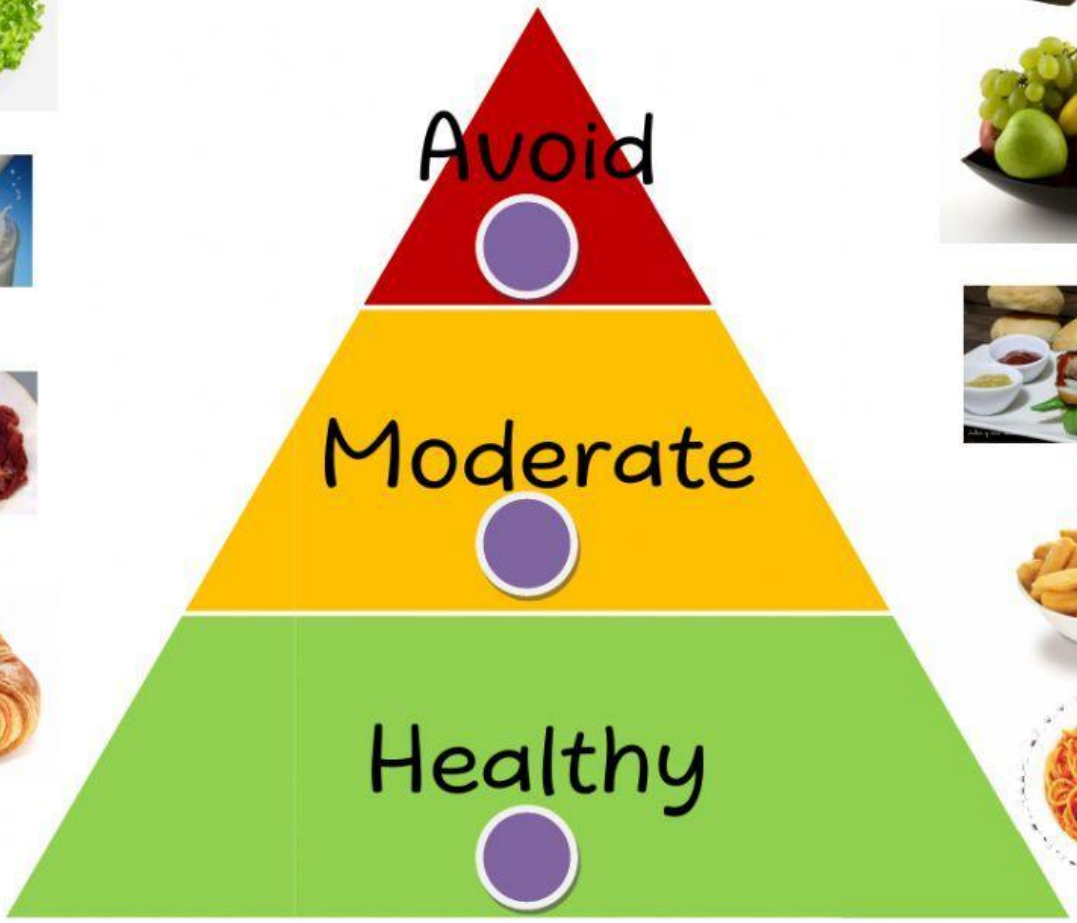
FOOD PYRAMID

CHOOSE THE BEST INGREDIENTS FOR YOUR HEALTHY DIET

IN GREEN – FOOD YOU CAN EAT EVERY DAY

IN YELLOW – FOOD YOU CAN EAT MODERATELY

IN RED – FOOD YOU SHOULD AVOID.