

FOOD GROUPS

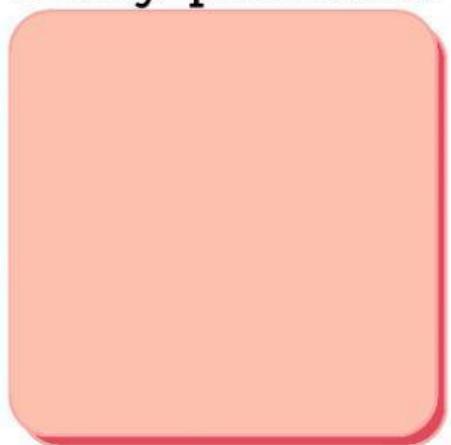
Carbohydrates



Fats



Dairy products



Proteins and iron



Fruit and vegetables

