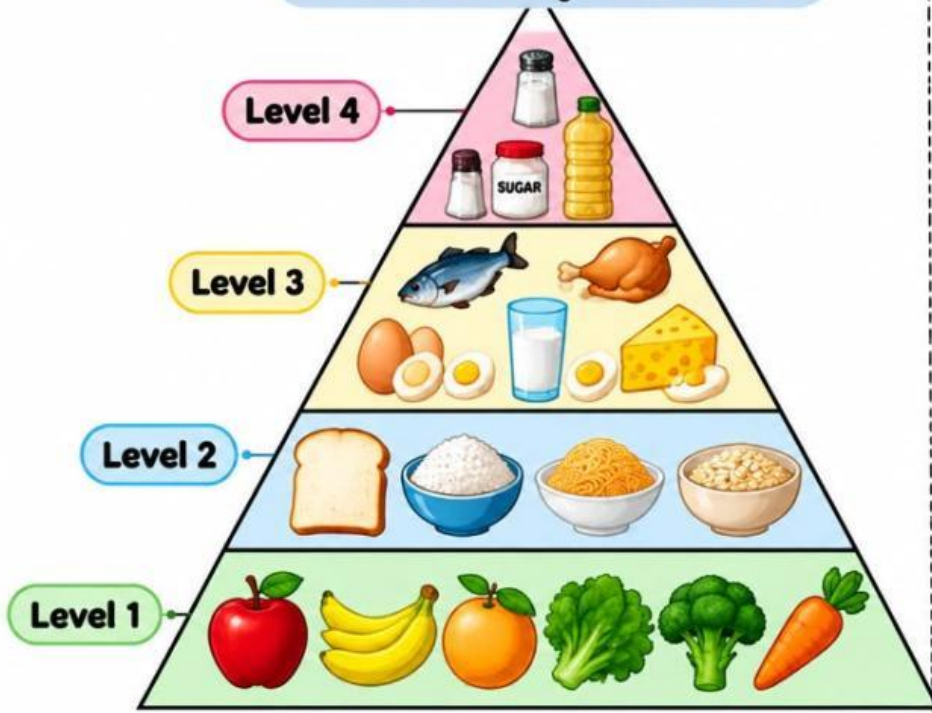


Food Pyramid



Protein

Carbohydrates

Fat, oil and sugar

**Fruits and
vegetables**