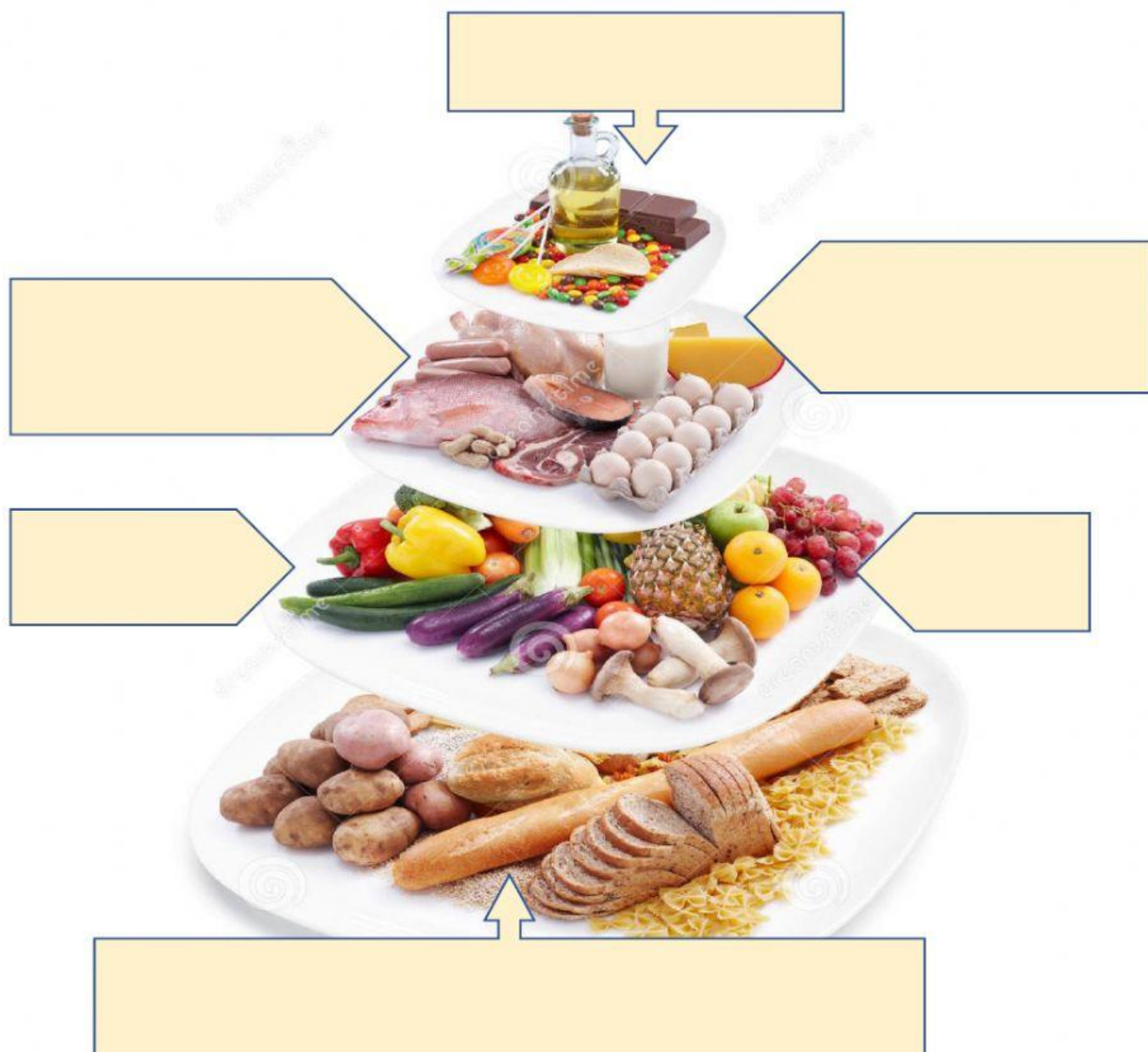


## Diet pyramid and balanced diet



grains 、 root and stem vegetables

fruits

vegetables

nuts and fats

milk and  
dairy foods

meat and  
protein foods