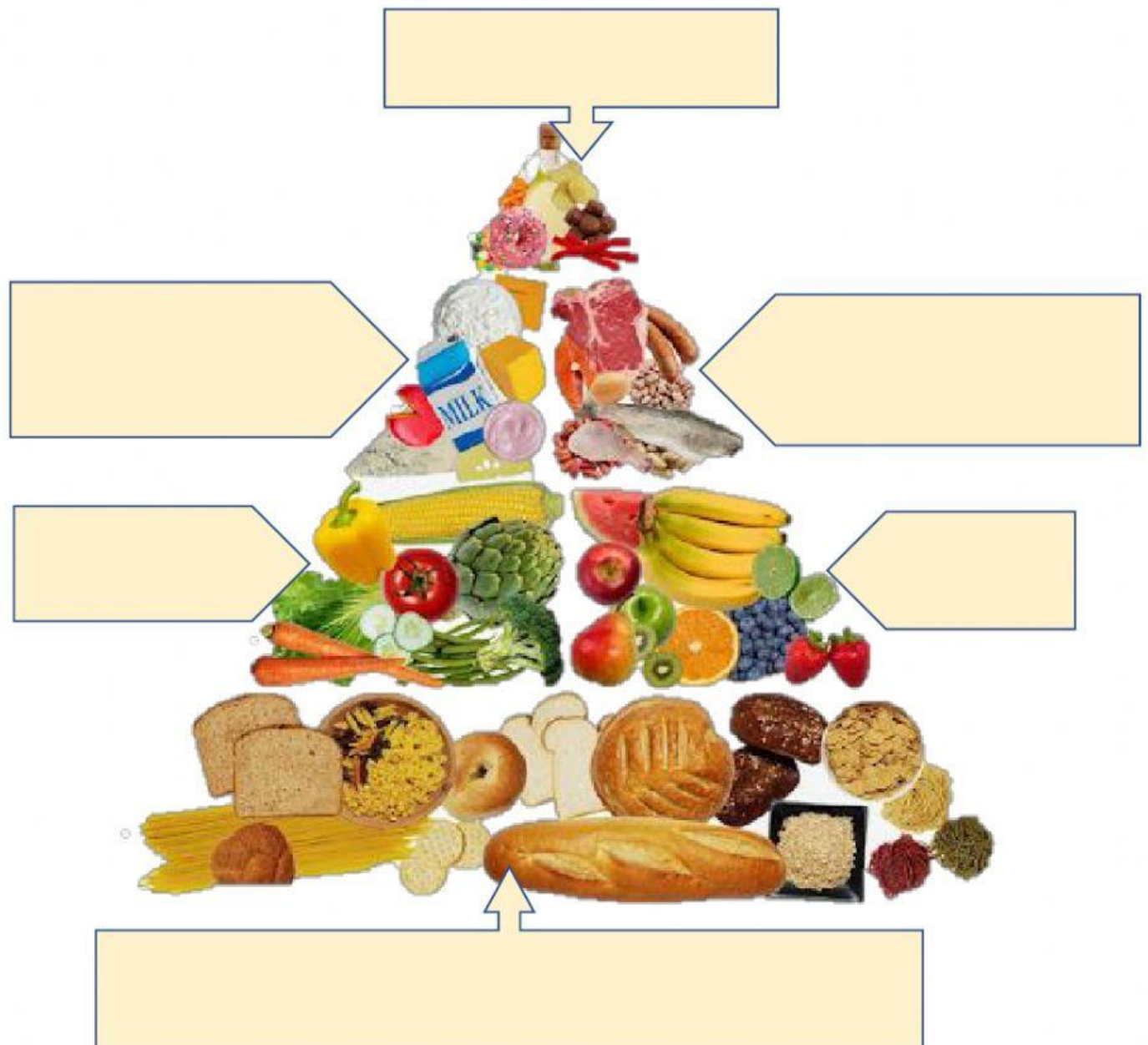


Diet pyramid and balanced diet



grains 、 root and stem vegetables

fruits

vegetables

nuts and fats

milk and
dairy foods

meat and
protein foods