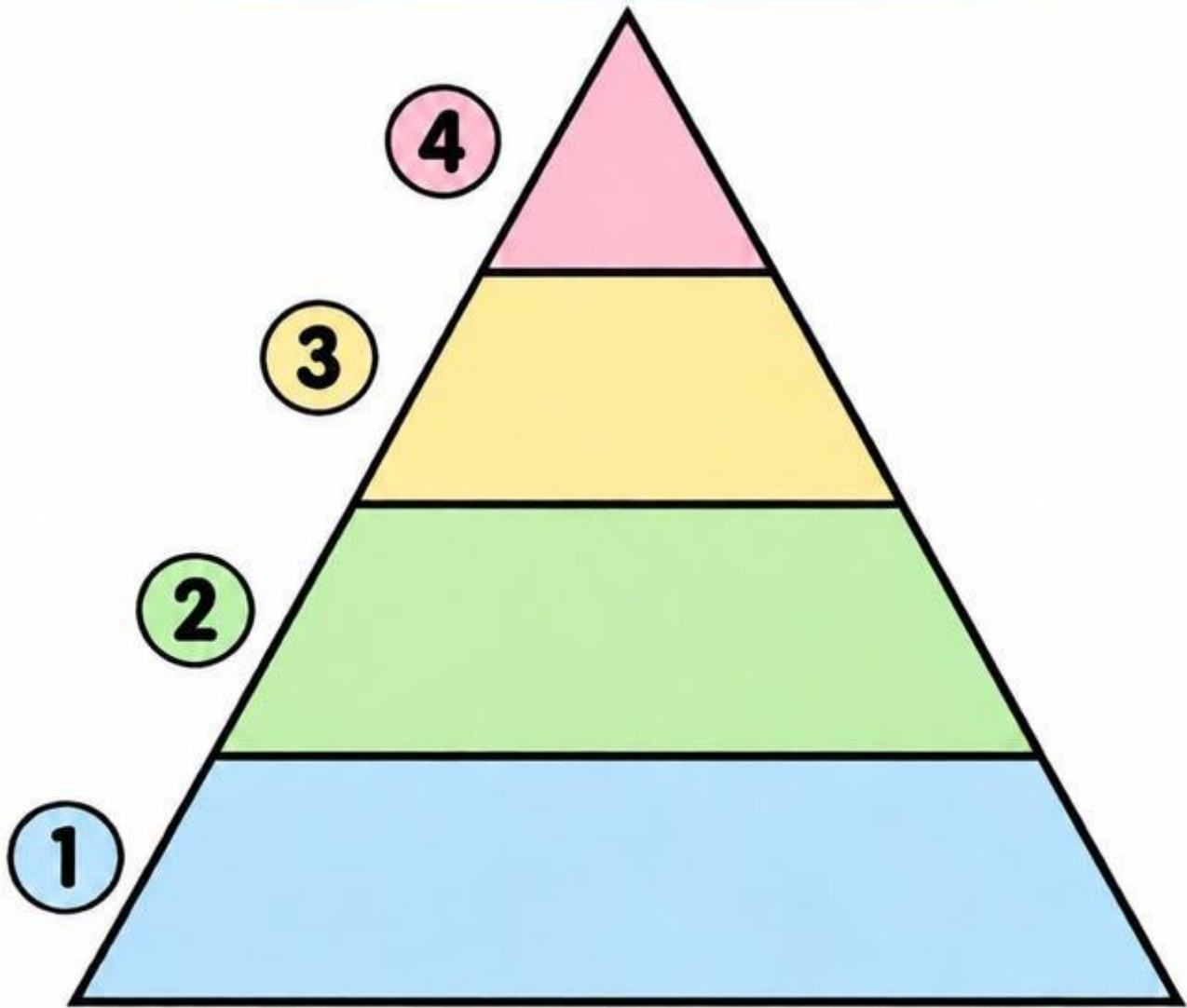


Food Pyramid



Fibre / vitamin



Fibre / vitamin



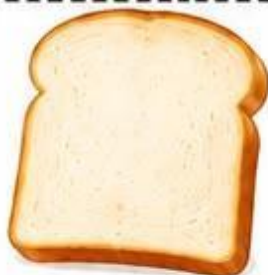
Sugar



Oil



Carbohydrates



Carbohydrates



Protein



Protein