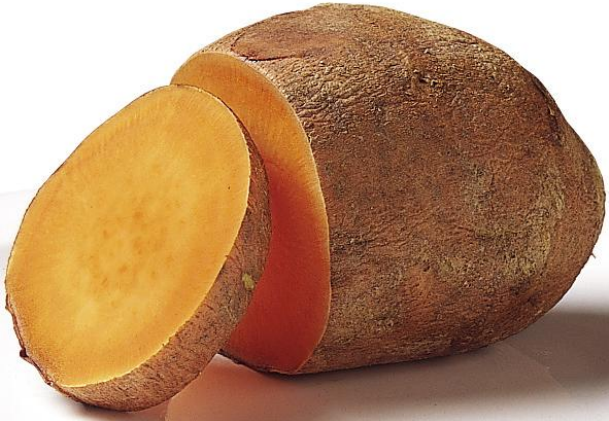
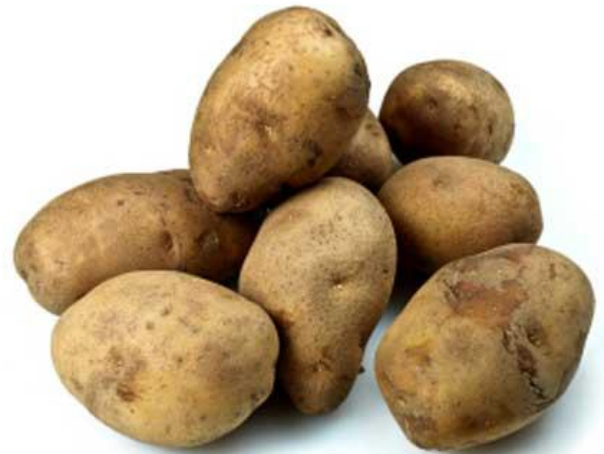


Healthy Food:

1. Fruits and Vegetables



## 2. Bread, Pasta and Legumes



## 3: Dairy, Meat, Fish, Eggs, Meat substitutes





4: fat & oil



5. Water



Unhealthy food



