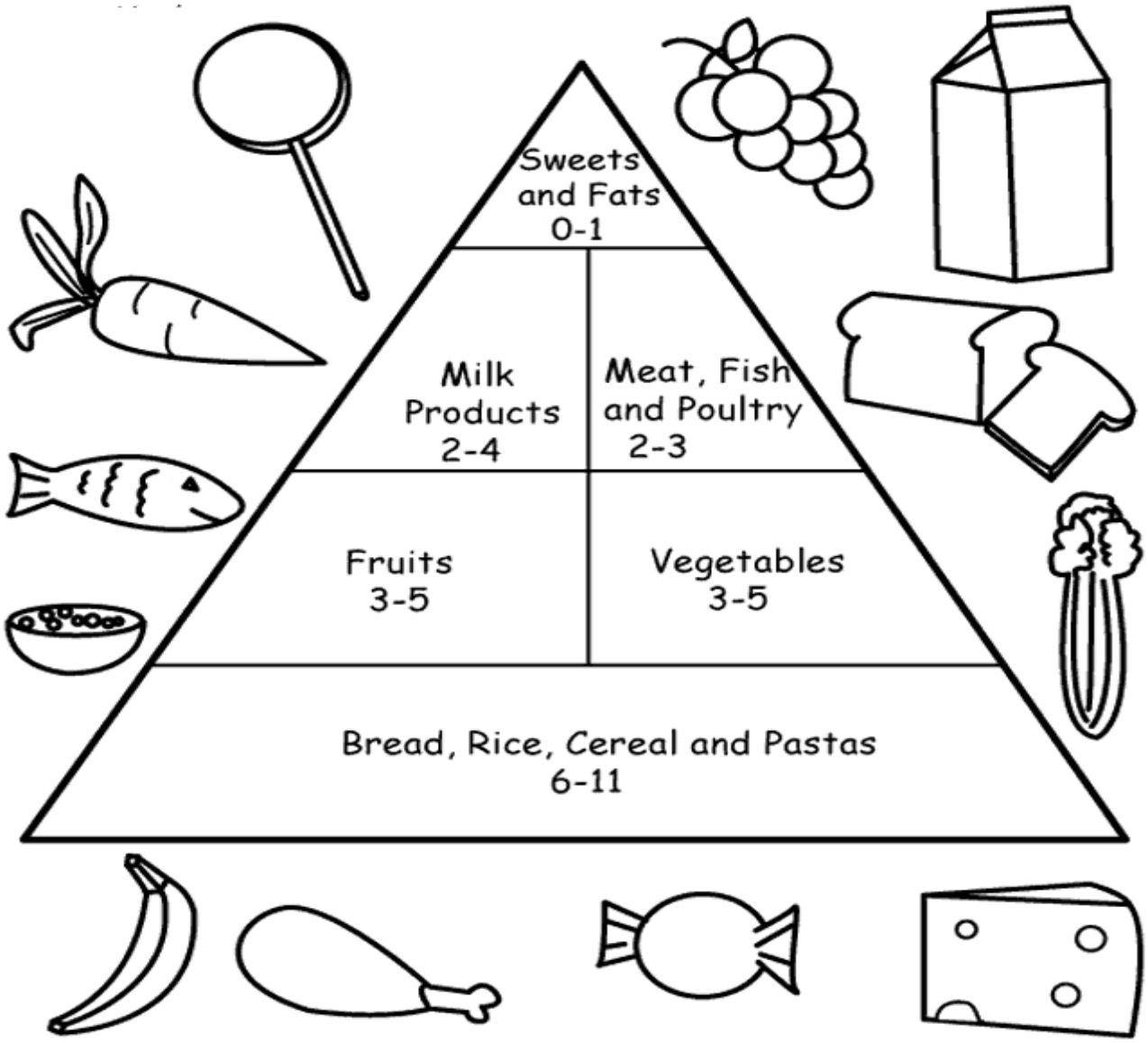
Sweets and Fats 0-1
Milk Products 2-4
Meat, Fish and Poultry 2-3
Fruits 3-5
Vegetables 3-5
Bread, Rice, Cereal and Pastas 6-11