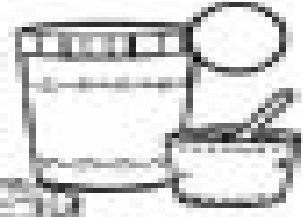
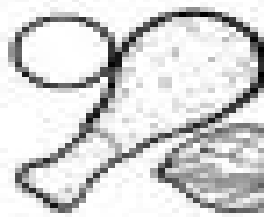


Food groups



- 1 BREAD
- 2 OILS
- 3 VEGETABLES
- 4 MILK
- 5 MEAT
- 6 EGGS
- 7 NUTS
- 8 SEEDS
- 9 FATS
- 10 SUGAR
- 11 FIBRE
- 12 GRAIN
- 13 LEGUMES
- 14 DAIRY
- 15 BEANS
- 16 FLAVOUR
- 17 SALT
- 18 SWEETS

