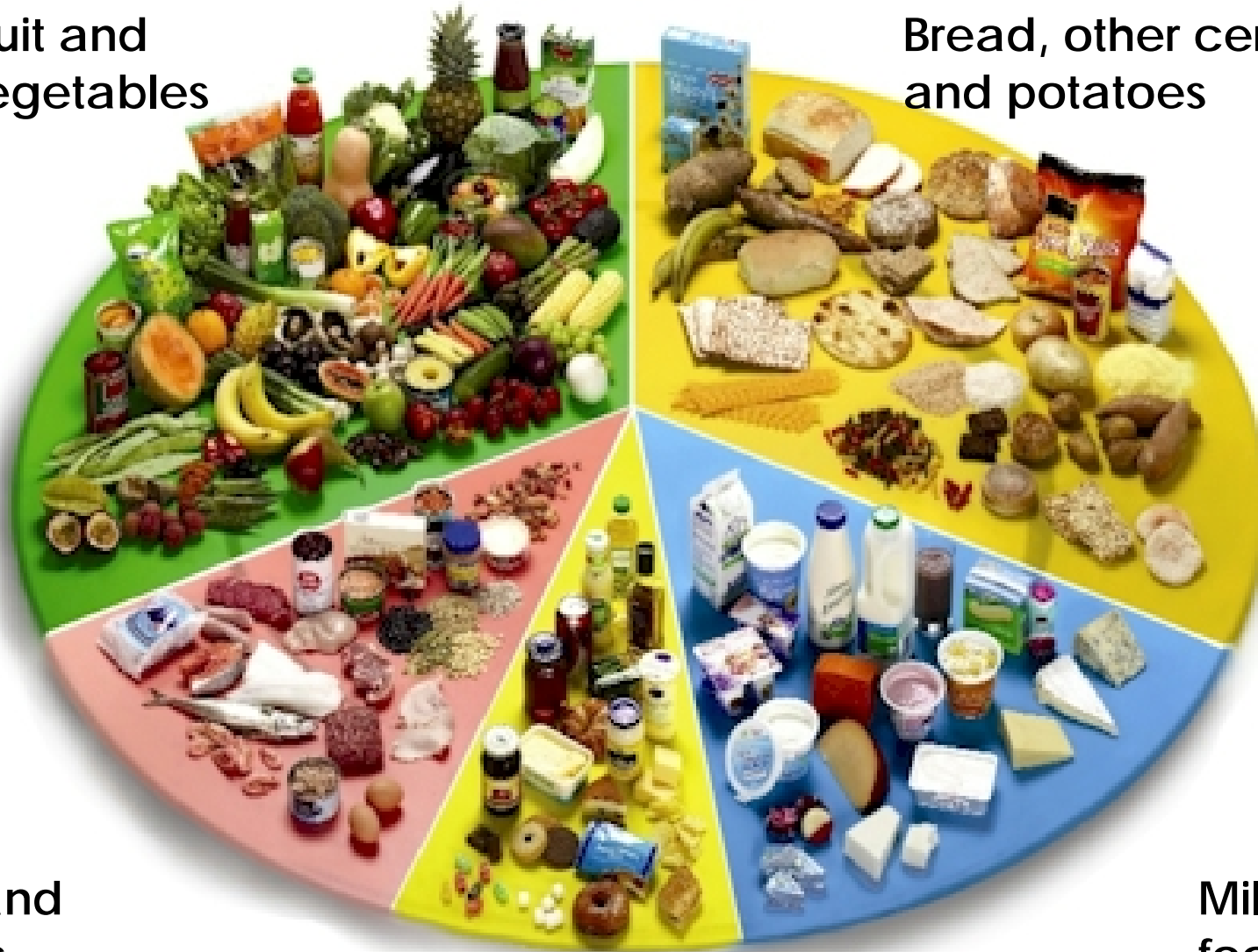


The Balance of Good Health



Fruit and vegetables

Bread, other cereals and potatoes



Meat, fish and alternatives

Milk and dairy foods

Foods containing fat
Foods containing sugar