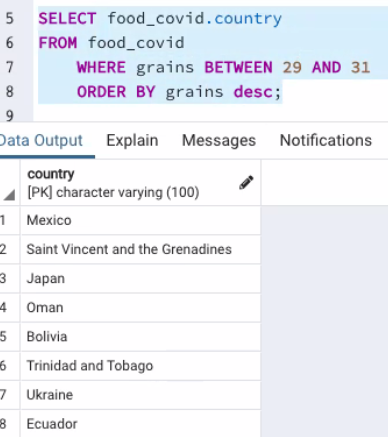
Grains

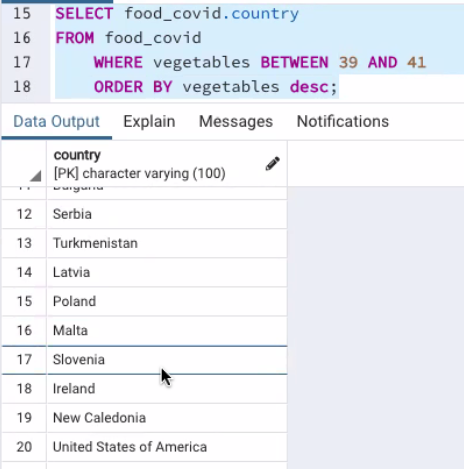


Proteins



Vegetables





Fruits

