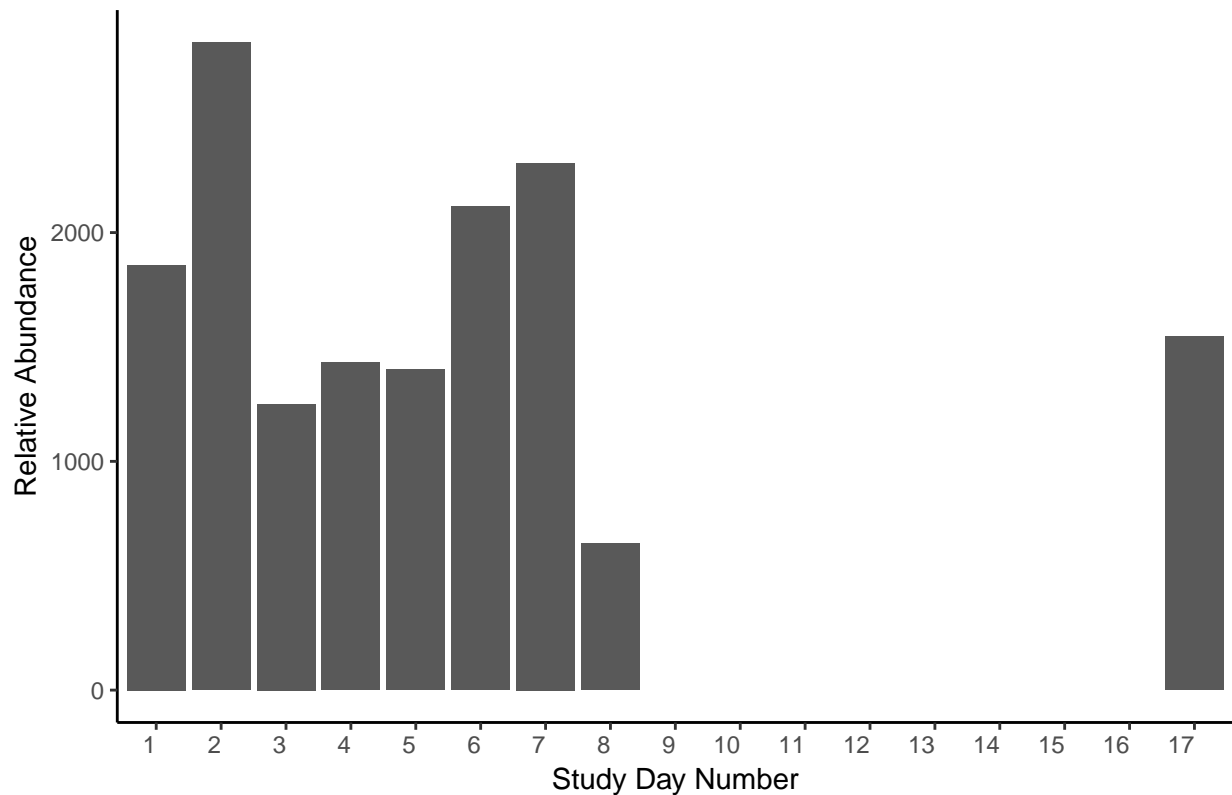




# Main species within your gut per day







fillet or tenders breaded cooked from fast food restaurant

lets from fast food restaurant

st roasted broiled or baked skin not eaten

oiled or baked lean and fat eaten

red cooked lean and fat eaten

L3 Frankfurters sausages lunchmeats meat spreads;L4 Sausages;L5 ;Pork sausage

L3 Frankfurters sausages lunchmeats meat spreads;L4 Luncheon meats;L5 ;Ham sliced prepackaged or deli luncheon

L3 Frankfurters sausages lunchmeats meat spreads;L4 Frankfurters;L5 ;Frankfurter or hot dog beef

iches with meat poultry fish;L4 Poultry sandwiches;L5 ;Chicken patty sandwich with lettuce and spread

iches with meat poultry fish;L4 Beef sandwiches;L5 ;Hamburger 14 lb meat with mayonnaise or salad dressing and tomato

iches with meat poultry fish;L4 Beef sandwiches;L5 ;Bacon cheeseburger 14 lb meat with mayonnaise or salad dressing and tomato

poultryfish in gravy;L4 Poultry with gravy or sauce;L5 ;Chicken wing with hot pepper sauce W O FAT

poultryfish in gravy;L4 Poultry with gravy or sauce;L5 ;Chicken curry

poultryfish in gravy;L4 Beef in gravy or sauce;L5 ;Beef curry

whole wheat NS as to 100 made from home recipe or purchased at bakery

whole wheat NS as to 100

wheat or cracked wheat made from home recipe or purchased at bakery

wheat or cracked wheat

pian bread

:Rice white cooked fat not added in cooking