

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
aceite de oliva	6	7	1	3	7	1	7	5	5	5	7	5	0.5	1	5	7	2	7	1	3.5	7	2	4	5	5	2	5	4	7	7
fruta	7	7	7	7	7	4	3.5	4	6	6	3	7	0.5	2.5	6	7	7	4	3	5.5	7	7	2	6	4	0	2	5	7	3.5
frutos secos	4	5	0	1	0	0	1.5	5	4	3	7	7	0	0	3	6	7	0	1	2.5	3	7	1	4	2	0	0	0	5	2
jengibre	6	0	3	7	0	0	0	0	1	0	1	0	2.5	0	0	0	0	0	0	2	0	2	0	0	0	0	0	0	4	0
verduras	7	7	6	7	7	6	4	7	6	5	7	5	7	2	6	7	7	3	4	5.5	7	7	5	6	7	3	3	3	7	6
alcohol	0	1	0.5	0	0.5	2	1	1	4	2	1	1	1	1	6	1	1	1	1	1.5	1	0	0	0.5	3	1	7	1	1	1
azúcar	3	2	1.5	1	0.5	7	5.5	2	3	2	1.5	0	4	1	1	3	7	4	2	7	7	7	7	5	2	0	5	2	7	4
carne roja	1	1	6	0	1	0	2.5	2	2	1	1.5	2	3	1	2	1	2	5	1	3.5	3	5	1	3	4	0	2	2	3	1
gaseosas	2	0	0	0	2.5	5	1	2.5	1	1	1.5	0	2	4	3	0	2	4	5.5	3.5	0	7	0	3	3	7	7	1	0	1
harina	3	3	3	7	7	7	2.5	4	3	7	7	5	7	5	5	3	2	5	4	7	0	7	5	1	5	3	6	6	7	2