

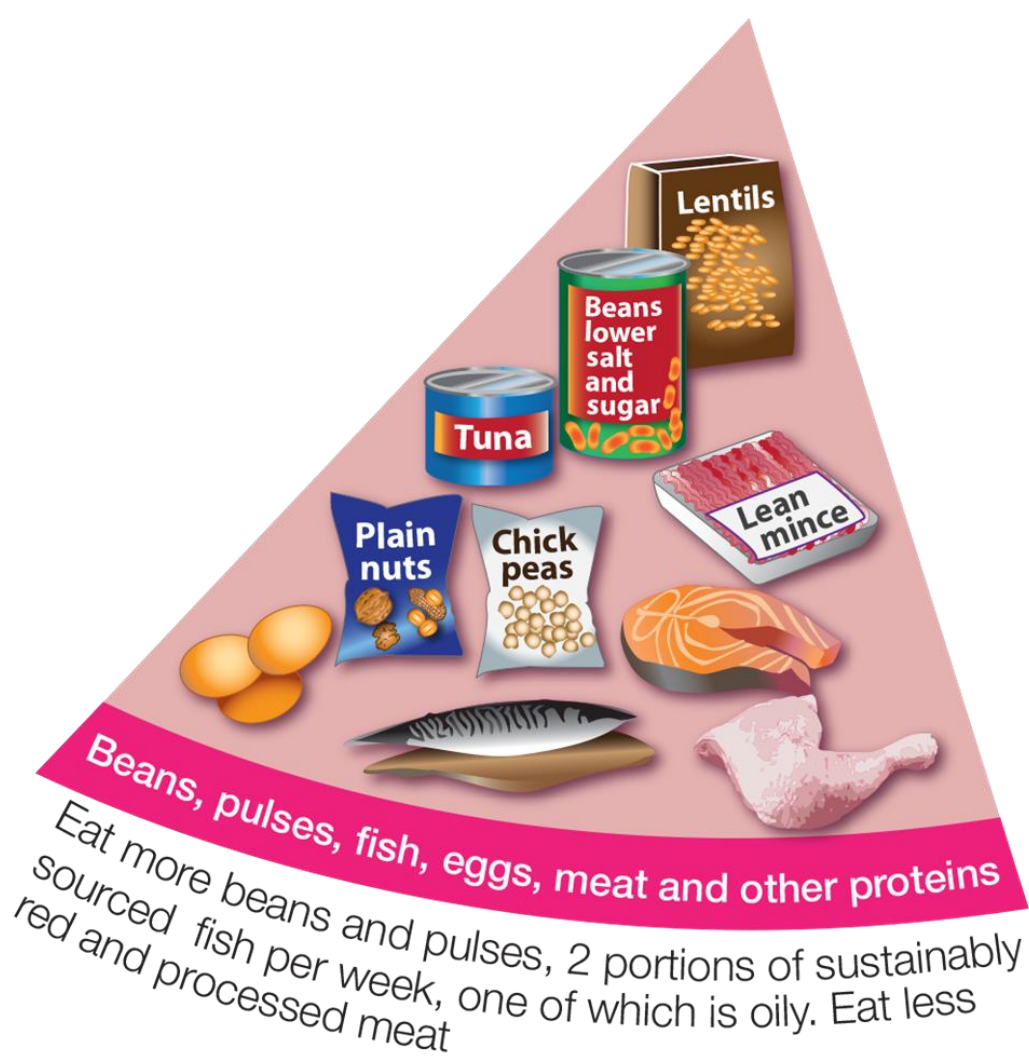
Fruit and vegetables group



Potatoes, bread, rice, pasta and other starchy carbohydrates group



Beans, pulses, fish, eggs, meat and other proteins group



Dairy and alternatives



Oil and spreads group

