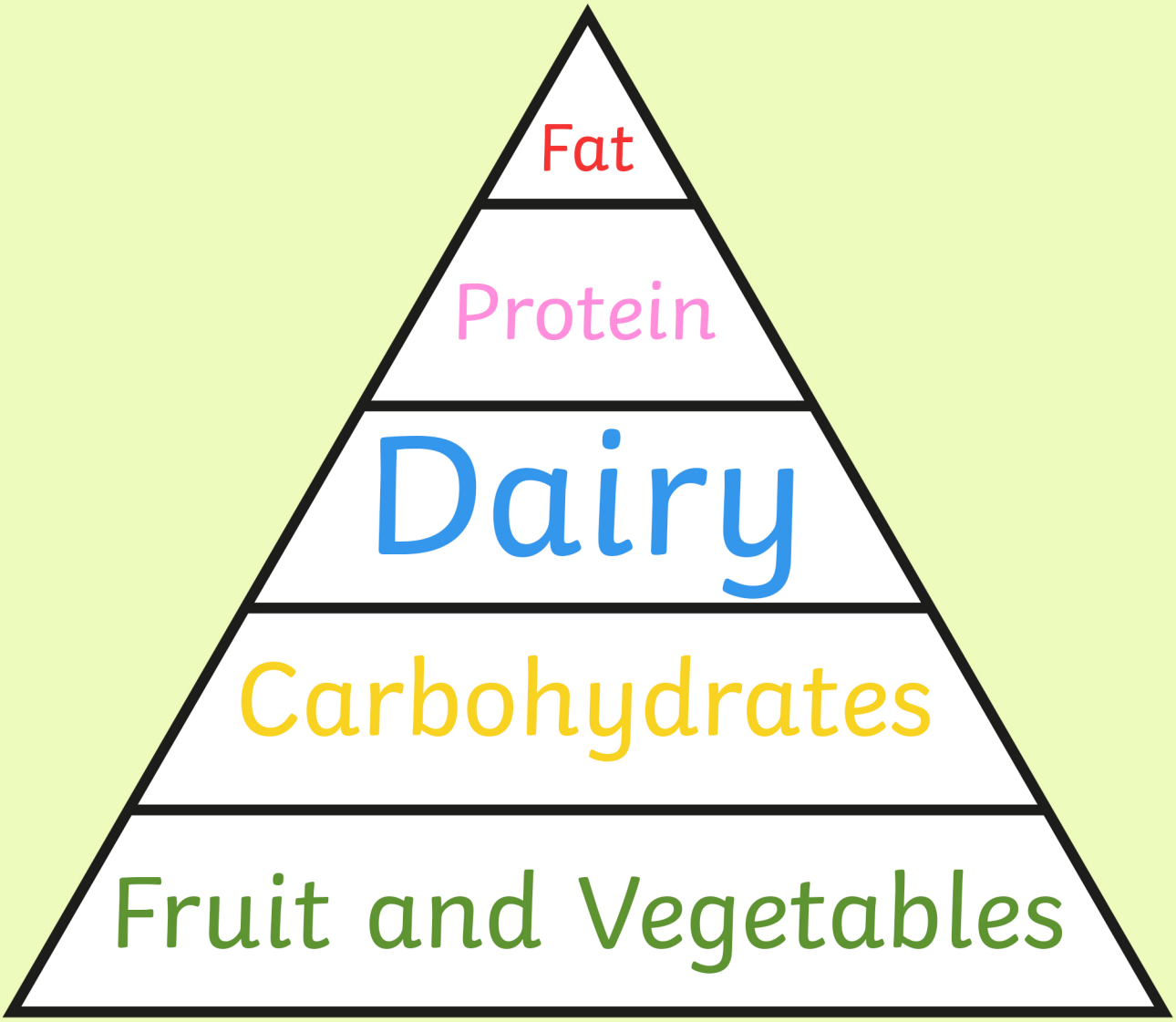
# Food Pyramid

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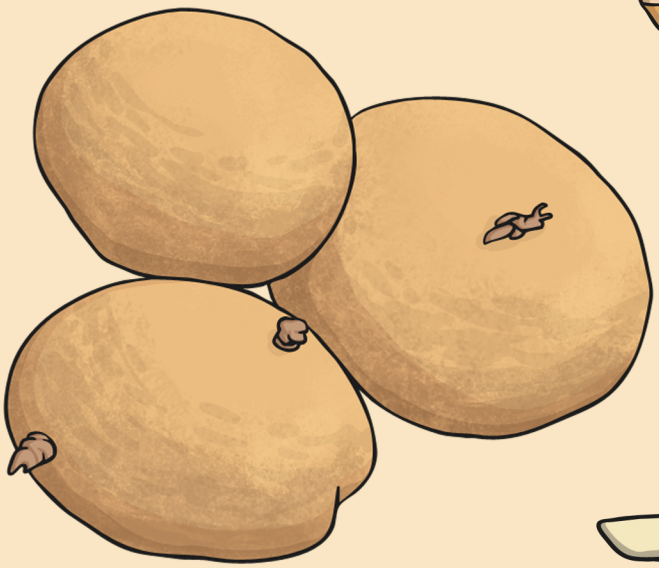
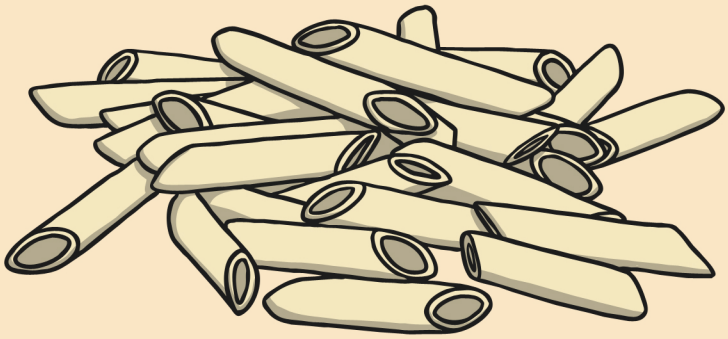
# Carbohydrates





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# Fruit and Vegetables

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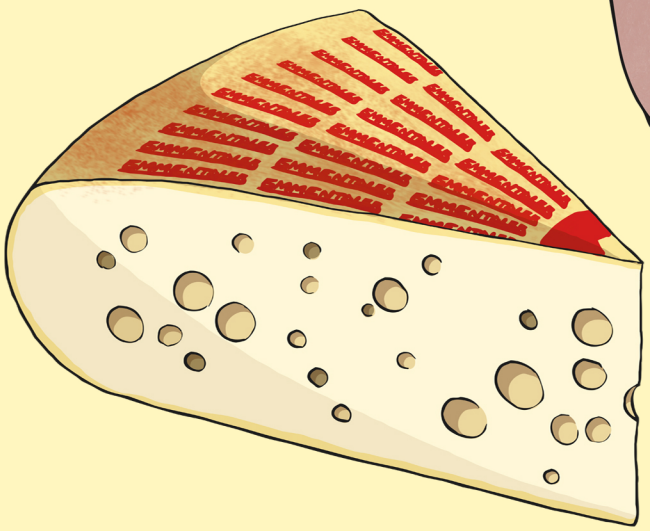
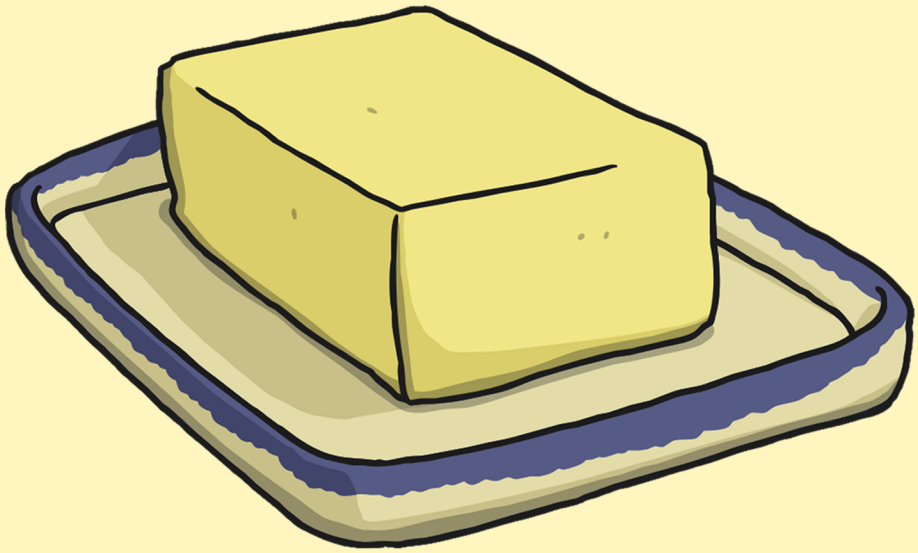
# Dairy





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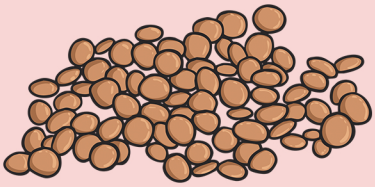
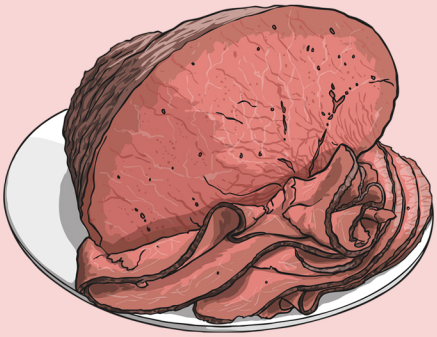
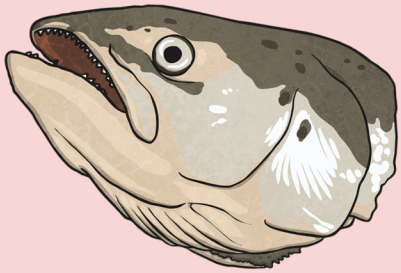
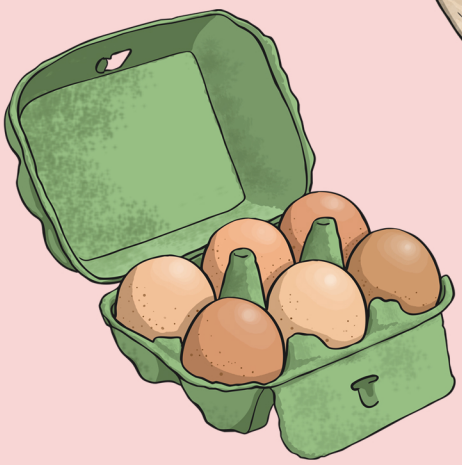
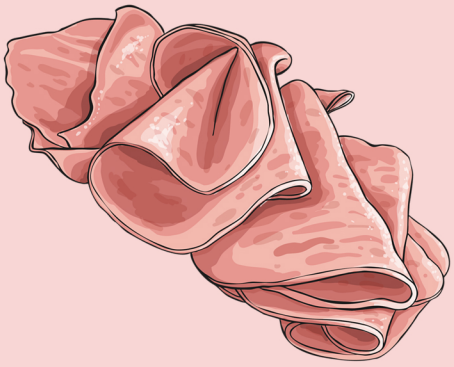
# Protein

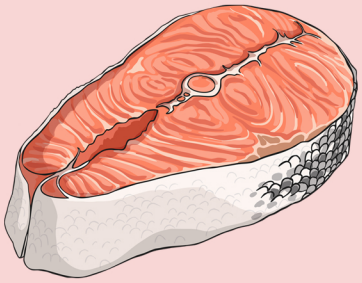












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# Fat

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