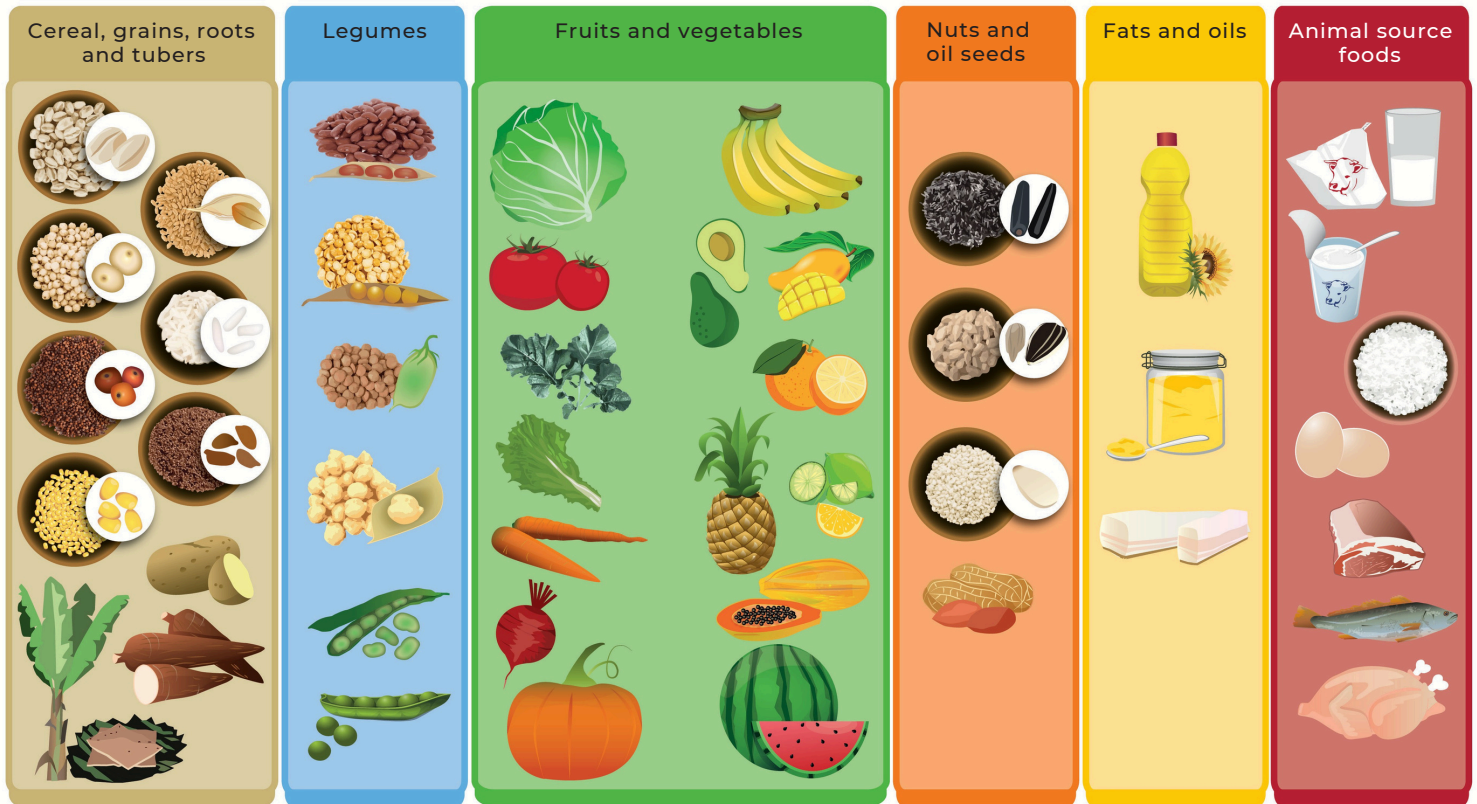
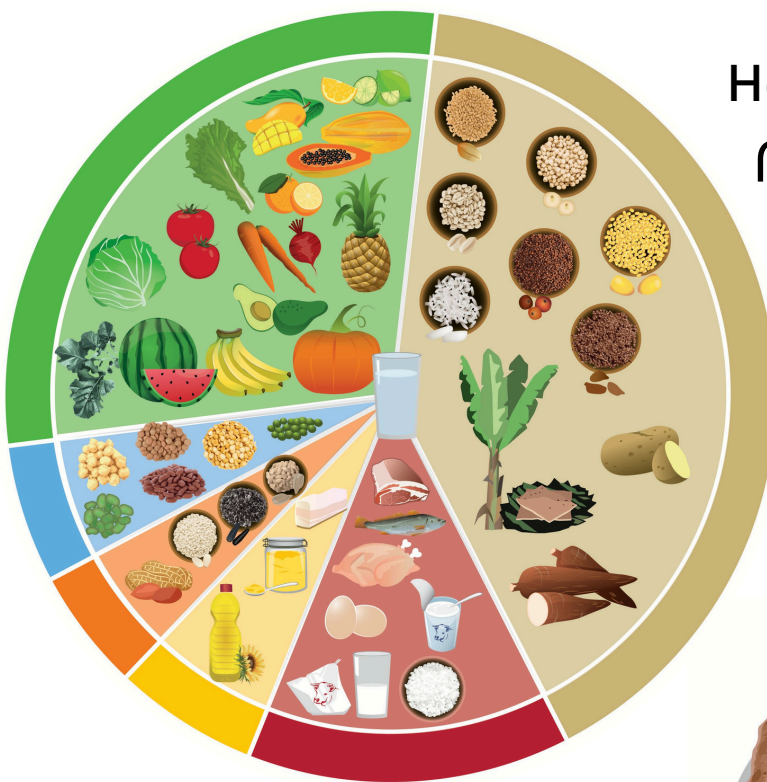


The six food groups



Healthy plate

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Example of 4 food groups per meal