

Fats and sugars:

cakes, chocolate, ice cream

protein:

meat, fish, eggs, chicken

Dairy:

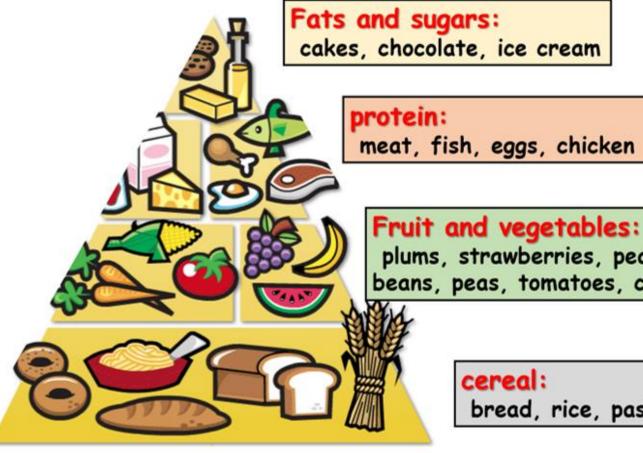
milk, cheese, yogurt

Fruit and vegetables:

plums, strawberries, peaches, avocados, beans, peas, tomatoes, carrots

cereal:

bread, rice, pasta



Dairy:

milk, cheese, yogurt

Fruit and vegetables:

plums, strawberries, peaches, avocados, beans, peas, tomatoes, carrots

cereal:

bread, rice, pasta