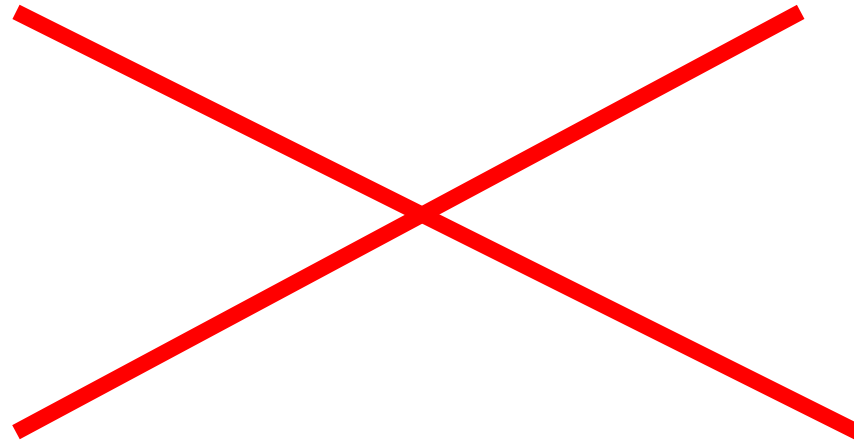


~~Don't eat too much fat and sugar.~~



----- Eat some protein. -----



Eat some dairy.



Eat lots of fruits and vegetables.



Eat lots of carbohydrate.



Food	Food group
rice	carbohydrate
bread	carbohydrate
chicken	protein
fish	protein
milk	dairy
cheese	dairy
orange	fruit
grapes	fruit
carrot	vegetable
oil	fat