

50%

Vegetables and fruits



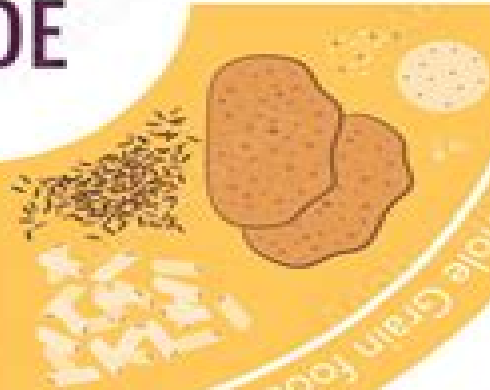
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Protein foods



25%

Whole Grain foods



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