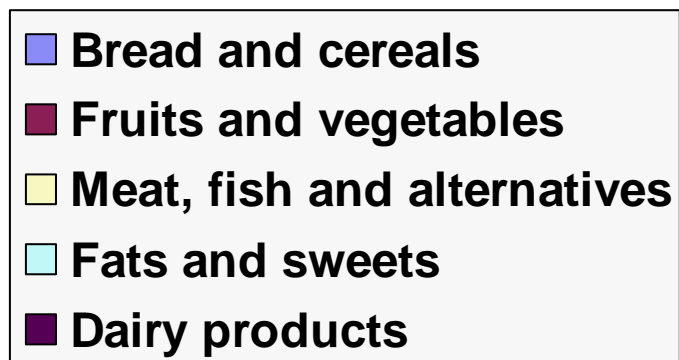
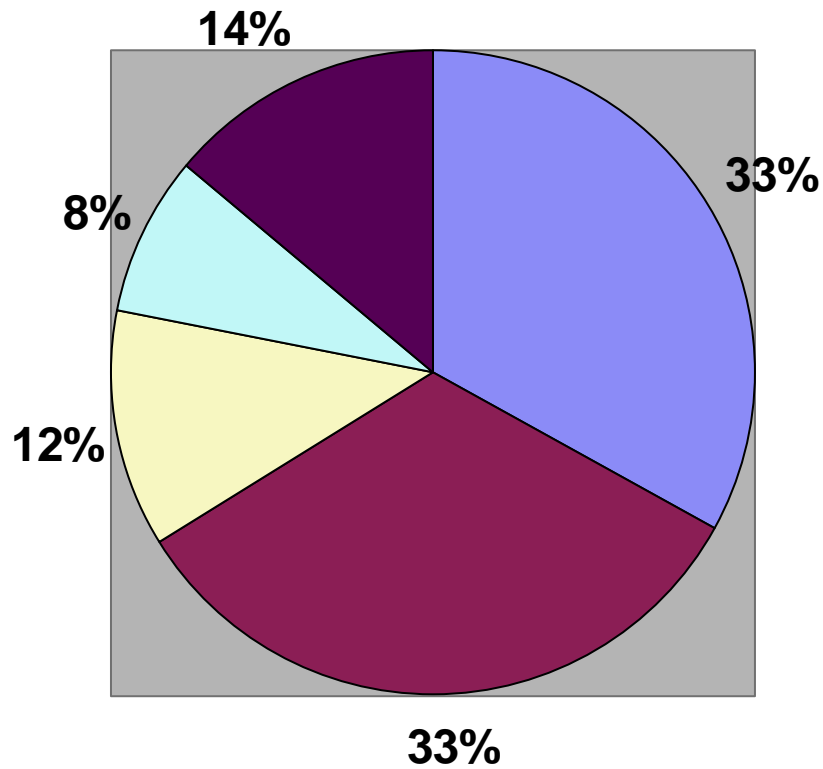


# A BALANCED DIET PIE CHART



***Bread and cereals 6-11 servings (33%)***  
***Vegetables 3-5 servings and Fruit 2-4 servings (33%)***  
***Dairy products 2-4 servings (14%)***  
***Meat, fish and alternatives 2-3 servings (12%)***  
***Fat and sweets, sparingly (8%)***