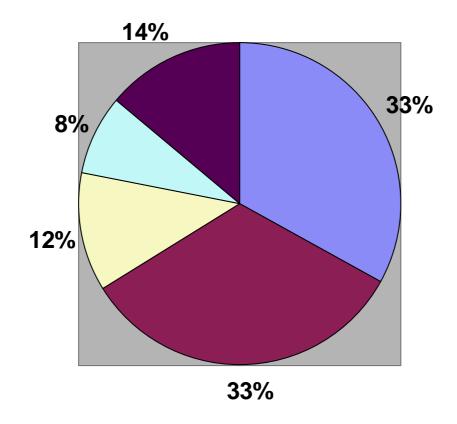
## A BALANCED DIET PIE CHART



Bread and cereals
Fruits and vegetables
Meat, fish and alternatives
Fats and sweets
Dairy products

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