|  |  |  |  |
| --- | --- | --- | --- |
| MEAT/FISH /EGGPROTEINS AND VITAMINS | FRUITFIBERS AND VITAMINS | VEGETABLESFIBERS AND VITAMINS | CARBOHYDRATES |
|  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| MEAT/FISH /EGGPROTEINS AND VITAMINS | FRUITFIBERS AND VITAMINS | VEGETABLESFIBERS AND VITAMINS | CARBOHYDRATES |
|  |  |  |  |