



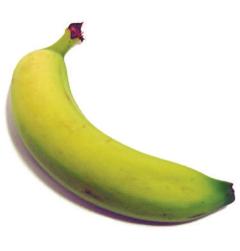






whole wheat bread (grain products)





banana (vegetables and fruit)



apple (vegetables and fruit)



orange juice (vegetables and fruit)





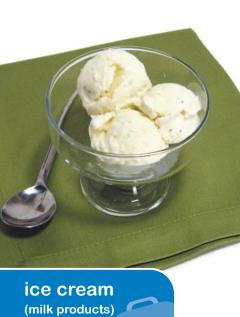
carrots (vegetables and fruit)

the four food groups



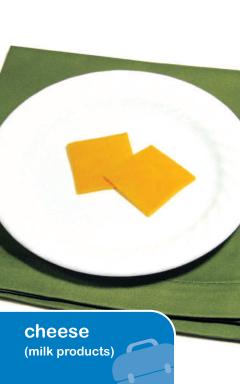
milk (milk products)







chocolate milk (milk products)











peanut butter

(meat and alternatives)



