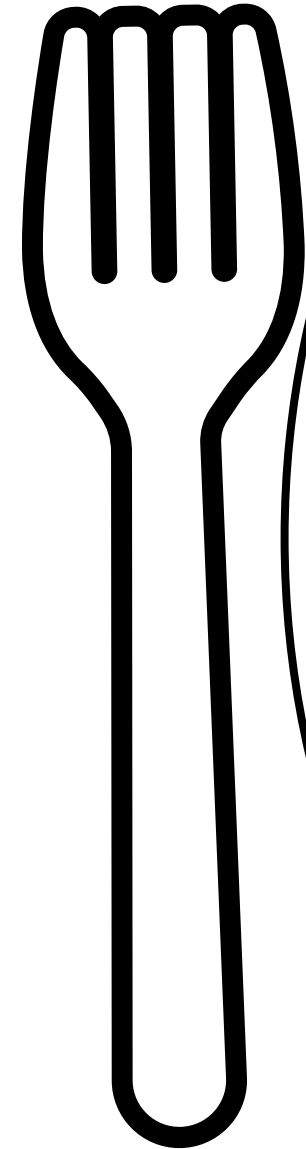
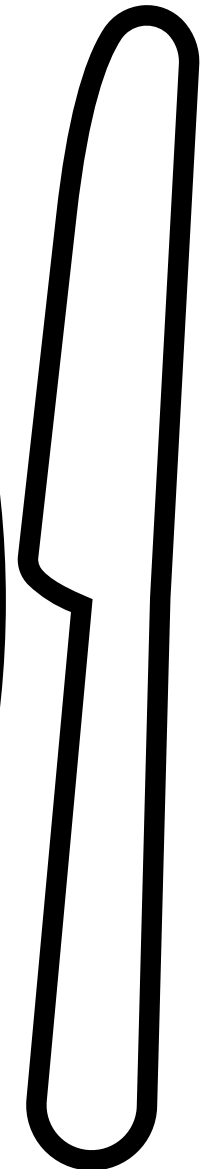


Vitamins and minerals  
(fruit and veg)

Carbohydrates



Protein



Dairy

Fats and sugars

