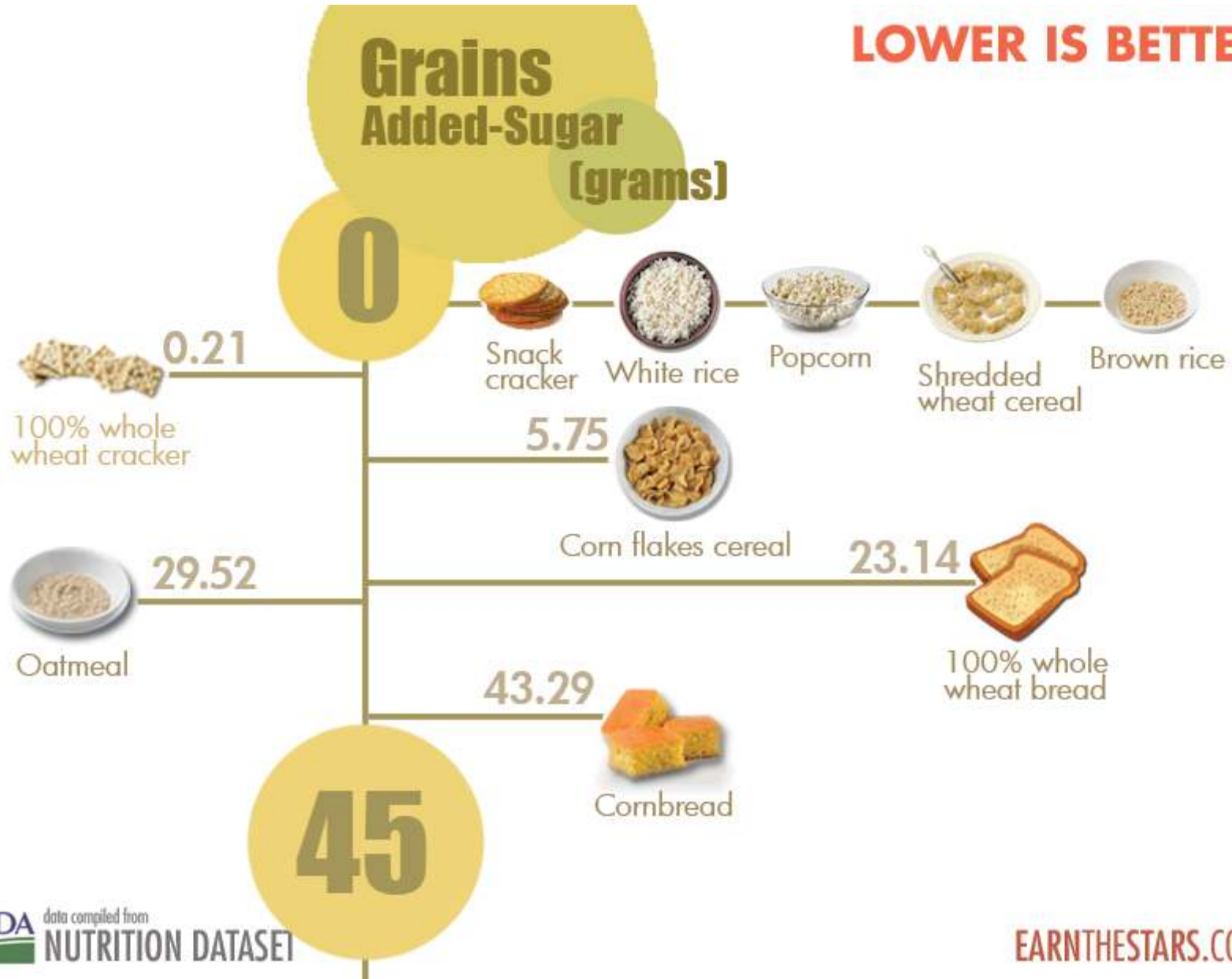
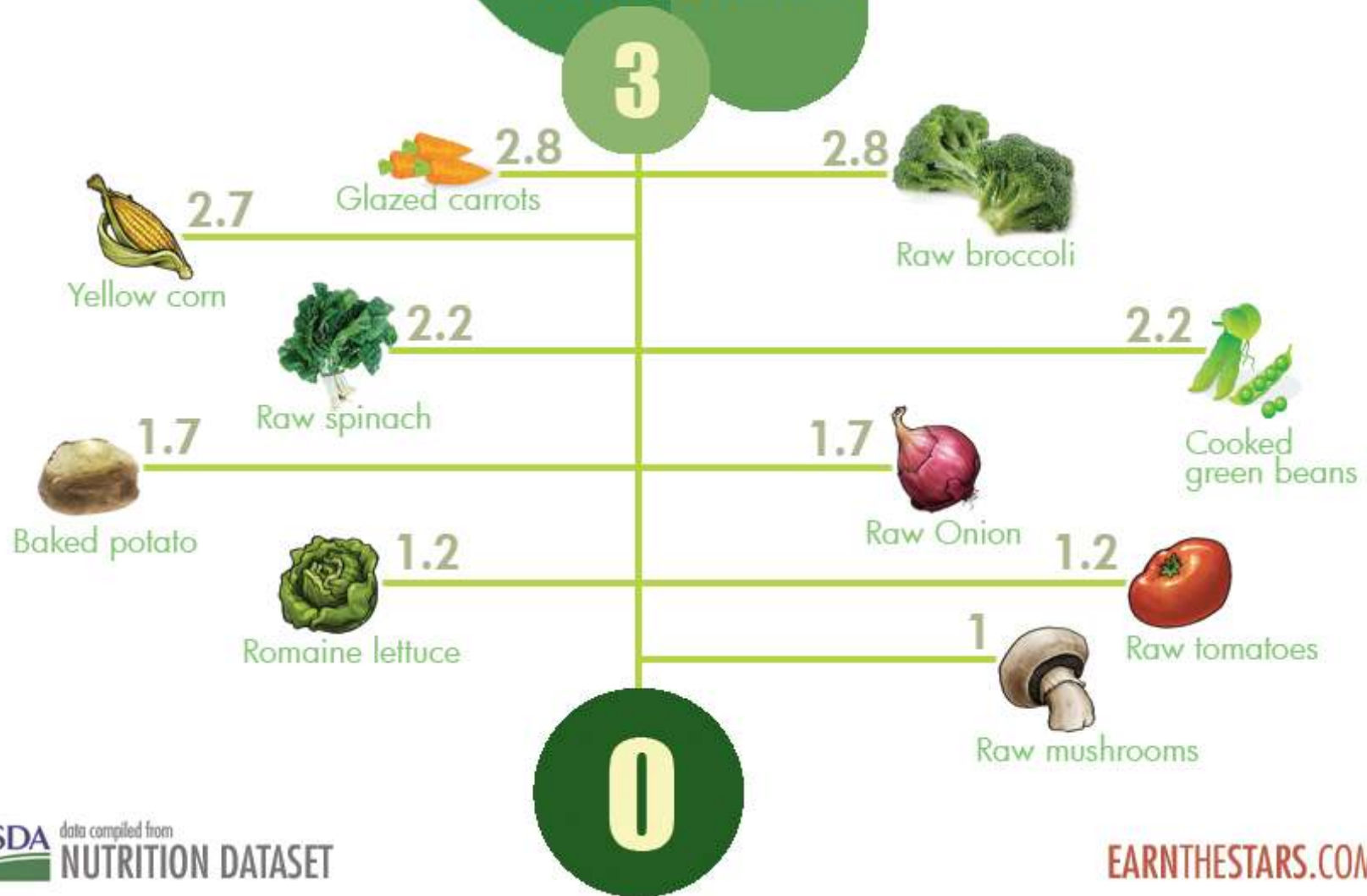


LOWER IS BETTER



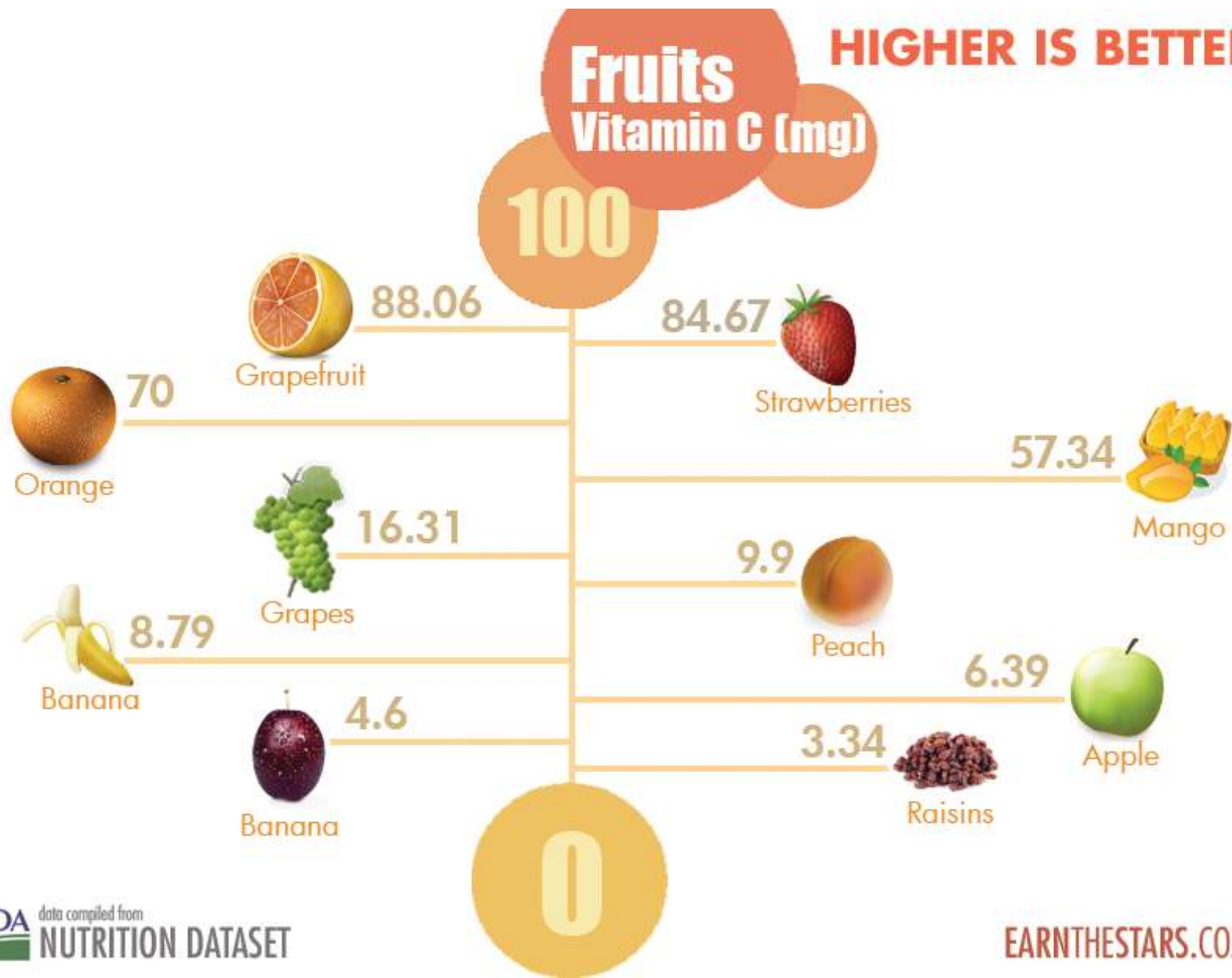
Vegetables Fiber (grams)

HIGHER IS BETTER



Fruits Vitamin C (mg)

HIGHER IS BETTER



Meats & Nuts

Fat (grams)

35

LOWER IS BETTER



10

Diary Fat (grams)

LOWER IS BETTER

