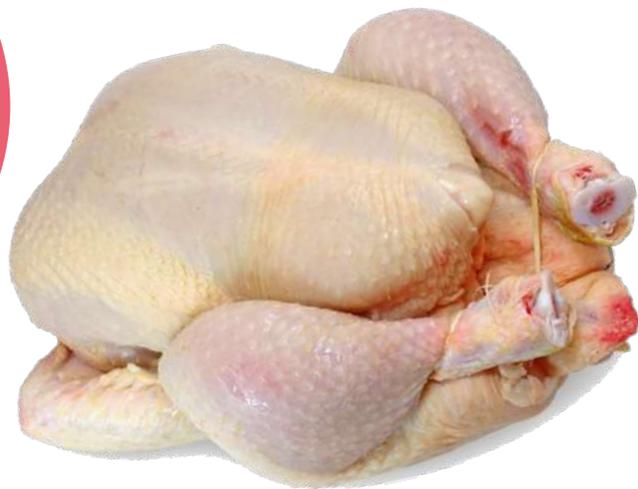


蔬菜



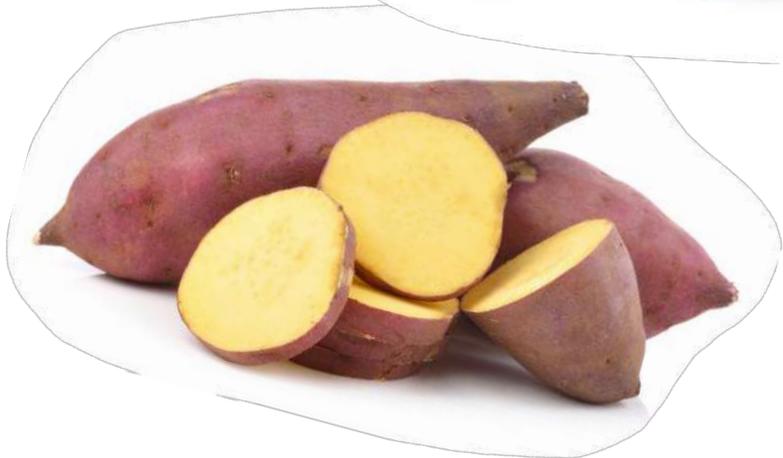
豆^{カ、又、}魚^{ウ、}
蛋^{カ、}肉^{ニ、又、}



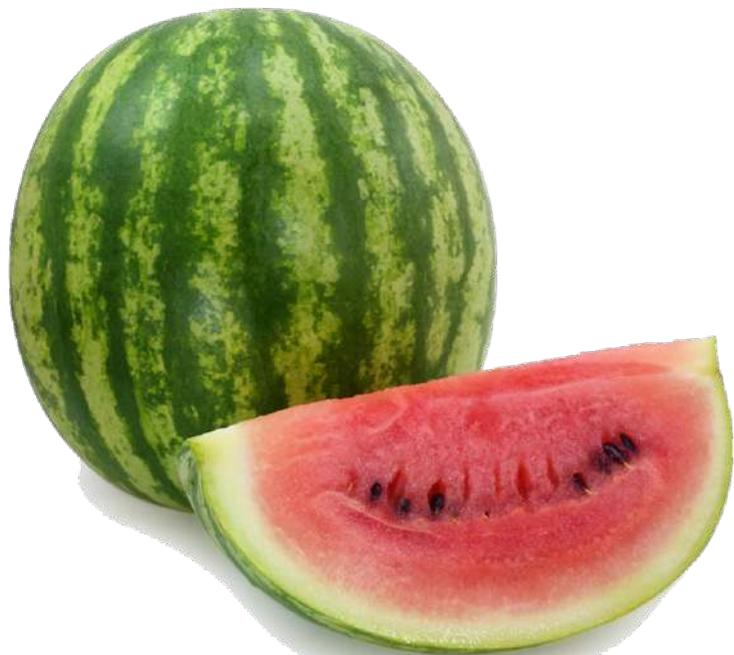
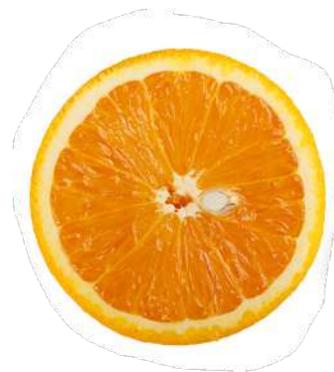
乳品



全穀雜糧



水果



油_ㄩ脂_ㄓ與_ㄩ

堅_ㄐ果_ㄍ

種_ㄓ子_ㄉ

