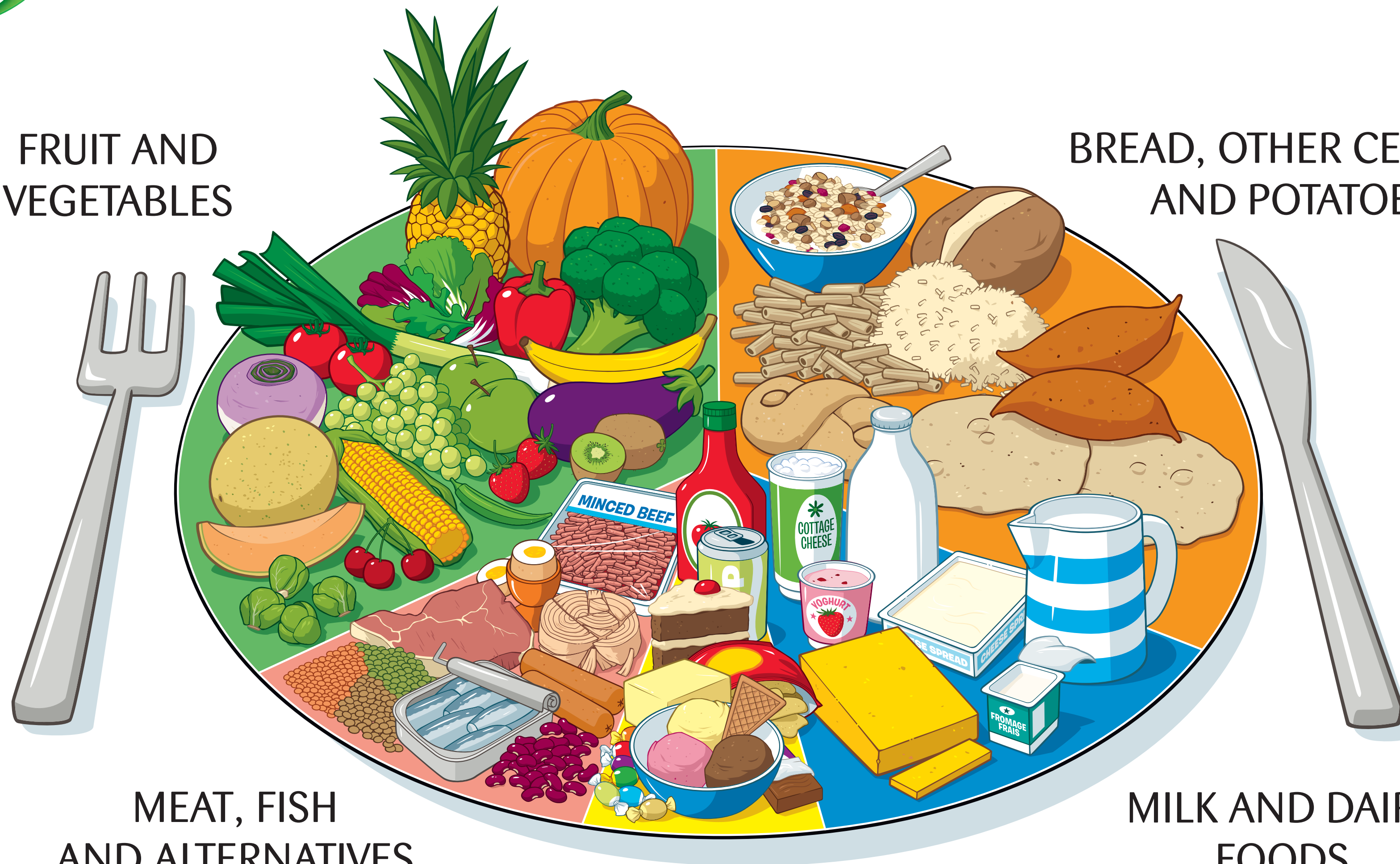




The Phunky Foods Plate of Health

FRUIT AND
VEGETABLES

BREAD, OTHER CEREALS
AND POTATOES



MEAT, FISH
AND ALTERNATIVES

MILK AND DAIRY
FOODS

FATTY AND
SUGARY FOODS