

Level 4

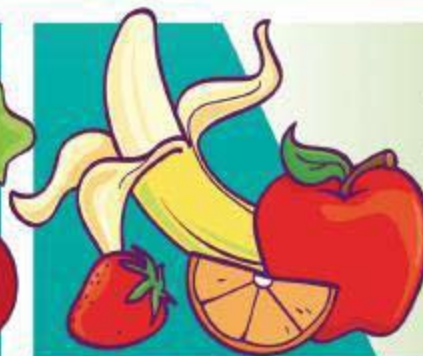
Fats, oils and sweets (0-3 servings)



Level 3

Milk, Yoghurt & Cheese
(2-3 servings)

Meat, poultry, fish, eggs
and nuts group



Level 2

Vegetables
(3-5 servings);
Fruits (2-4 servings)



Level 1

Bread, cereal,
pasta, rice
(6-11 servings)