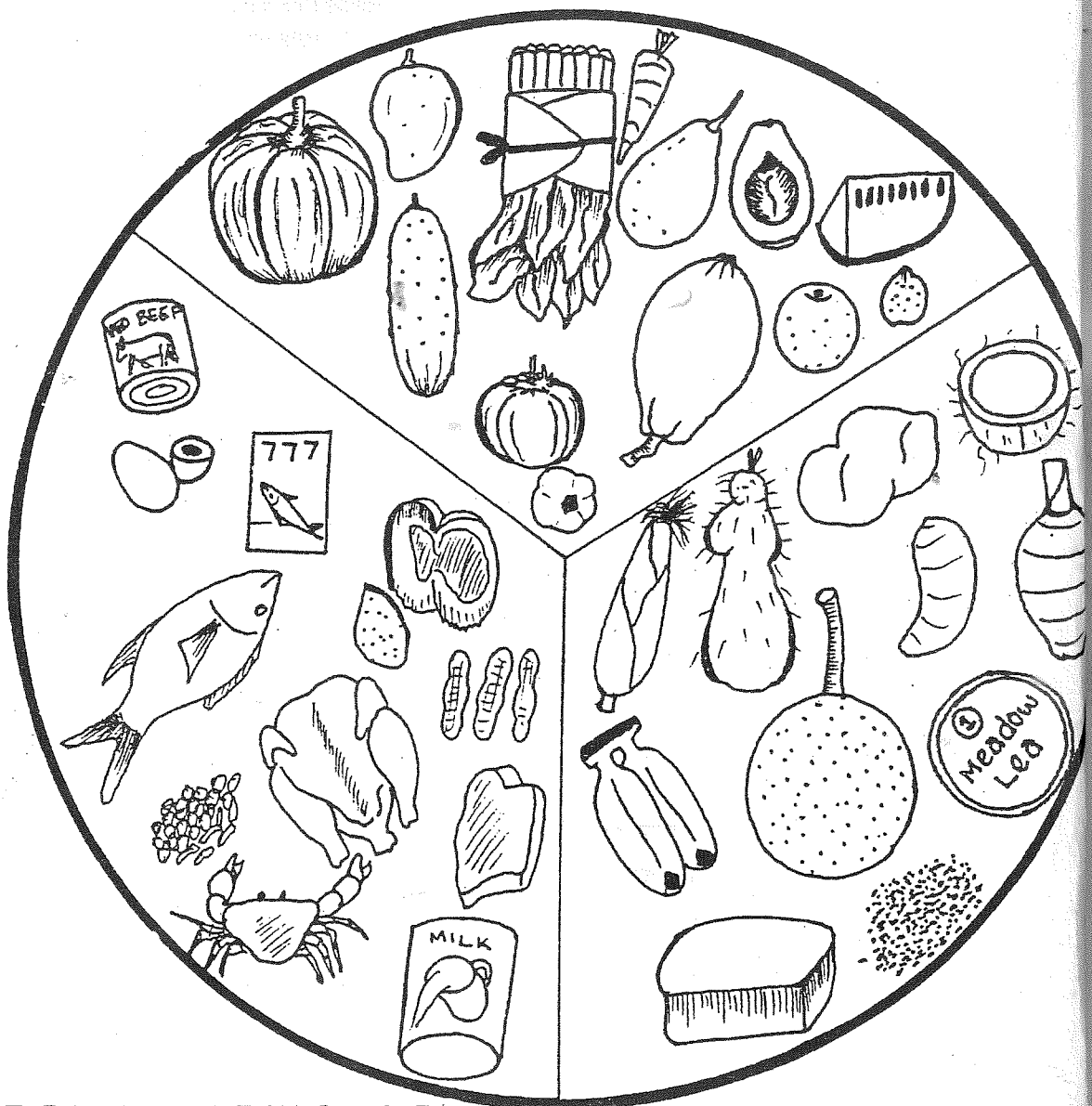


THE THREE FOOD GROUPS

HEALTH AND PROTECTIVE FOOD GROUP



BODY BUILDING AND GROWTH FOOD GROUP

POWER OR ENERGY FOOD GROUP