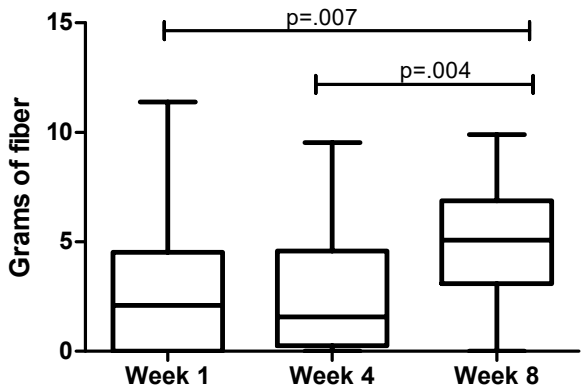
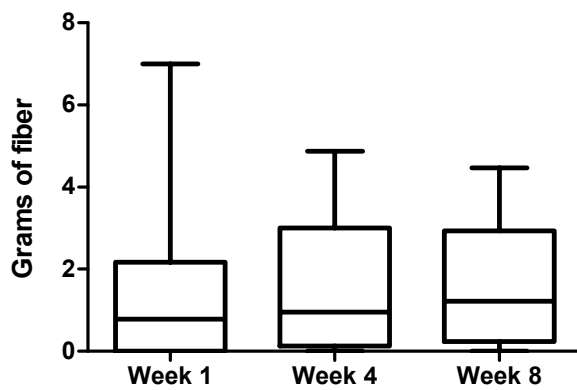


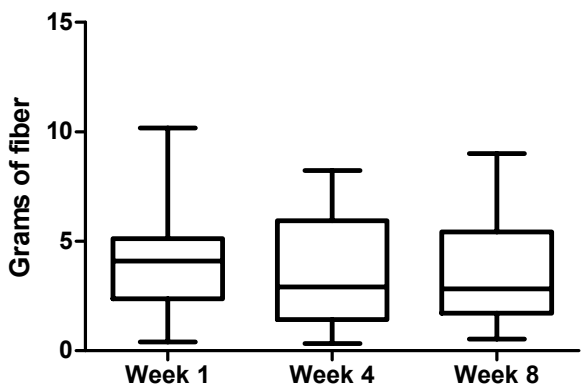
A. Whole grain bread and crispbreads



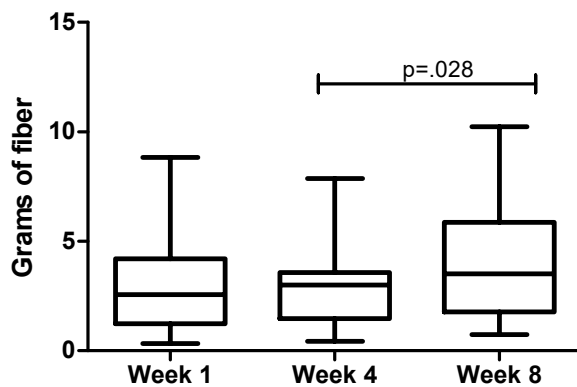
B. Whole grain cereal and grains



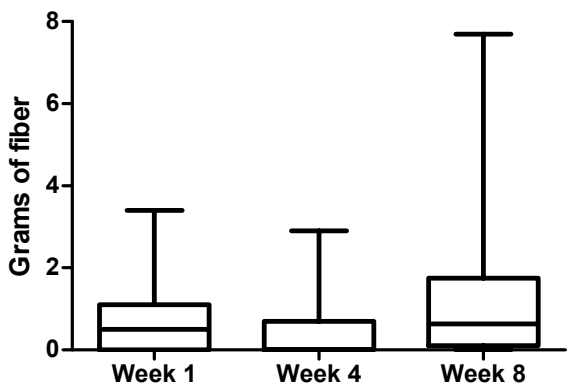
C. Vegetables



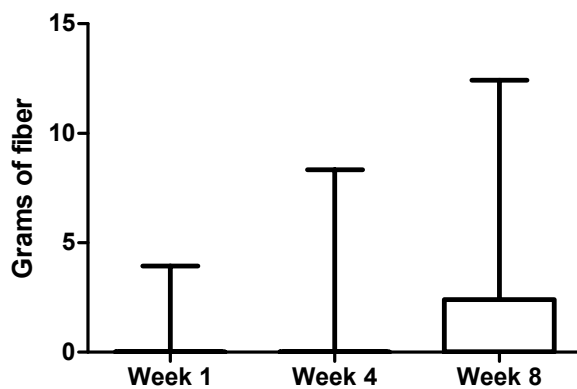
D. Fruit



E. Nuts and seeds



F. Legumes



G. Potatoes and tubers

