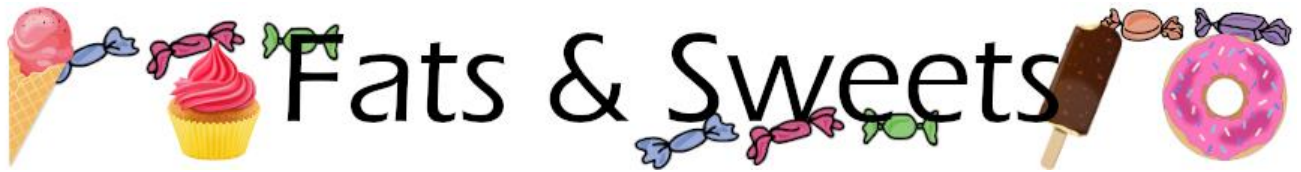


Fats & Sweets



Food in this category has very little nutritional value. It is highly processed and contains high levels of fats and/or sugars.

These foods should only be eaten occasionally. They are not a necessary part of a balanced and healthy diet.

