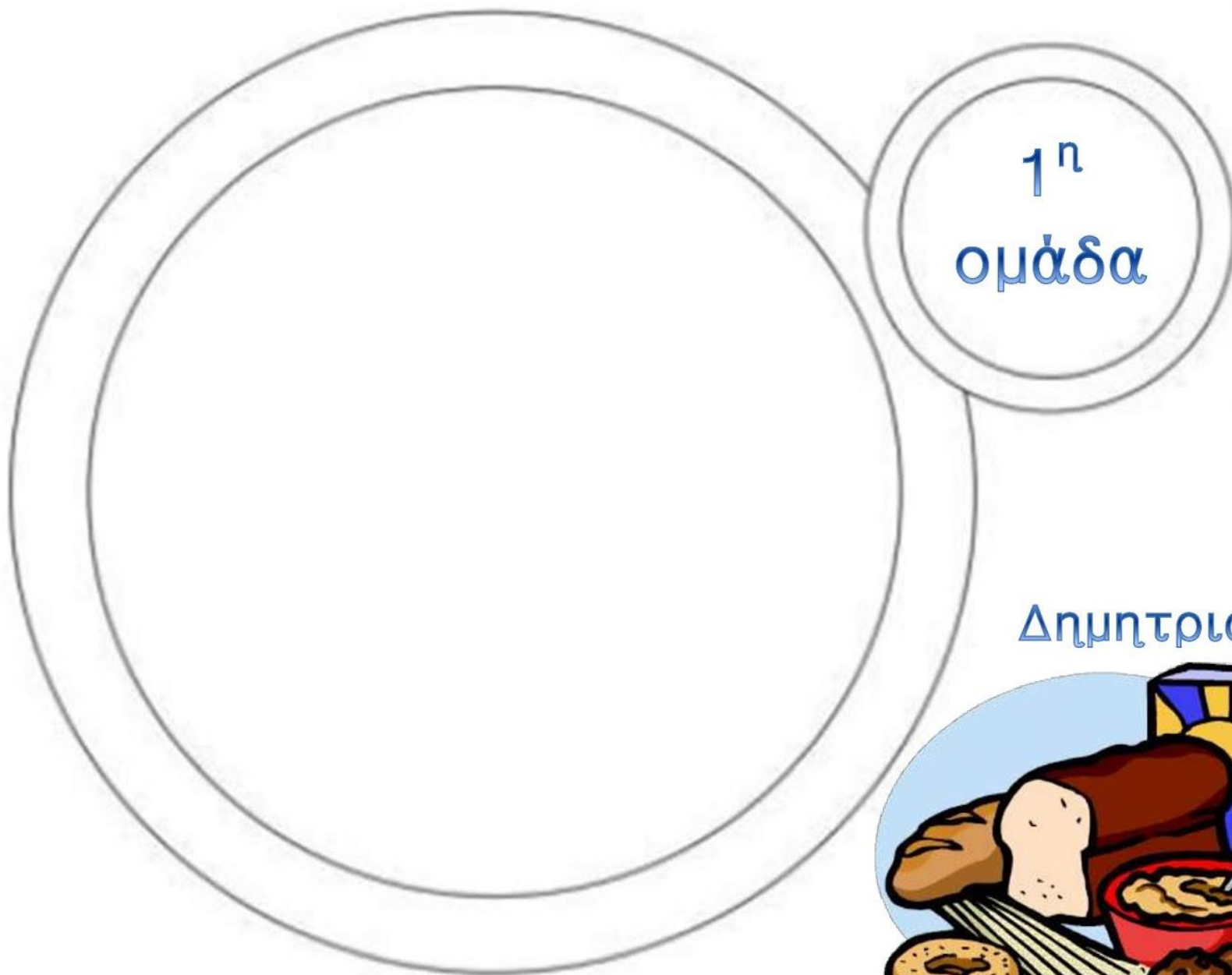
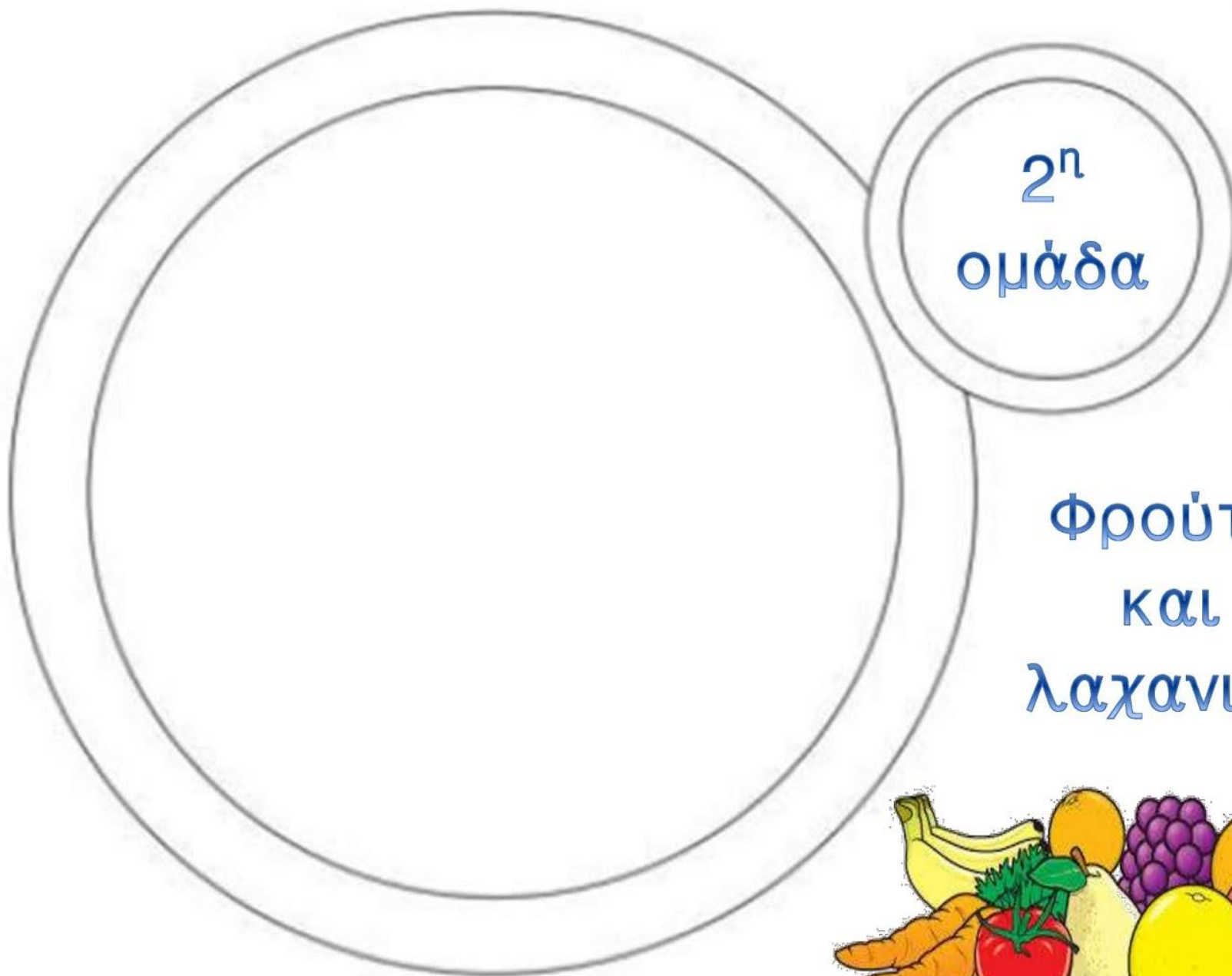




1^η
ομάδα

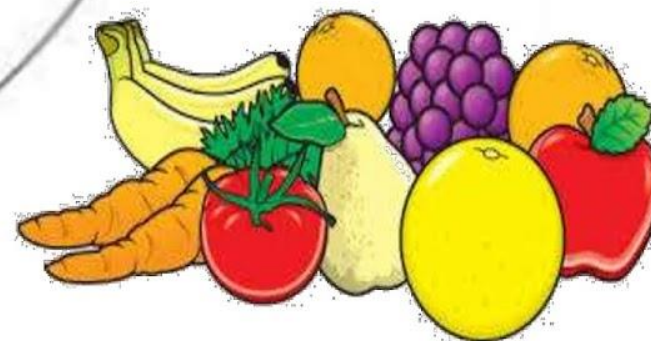
Δημητριακά

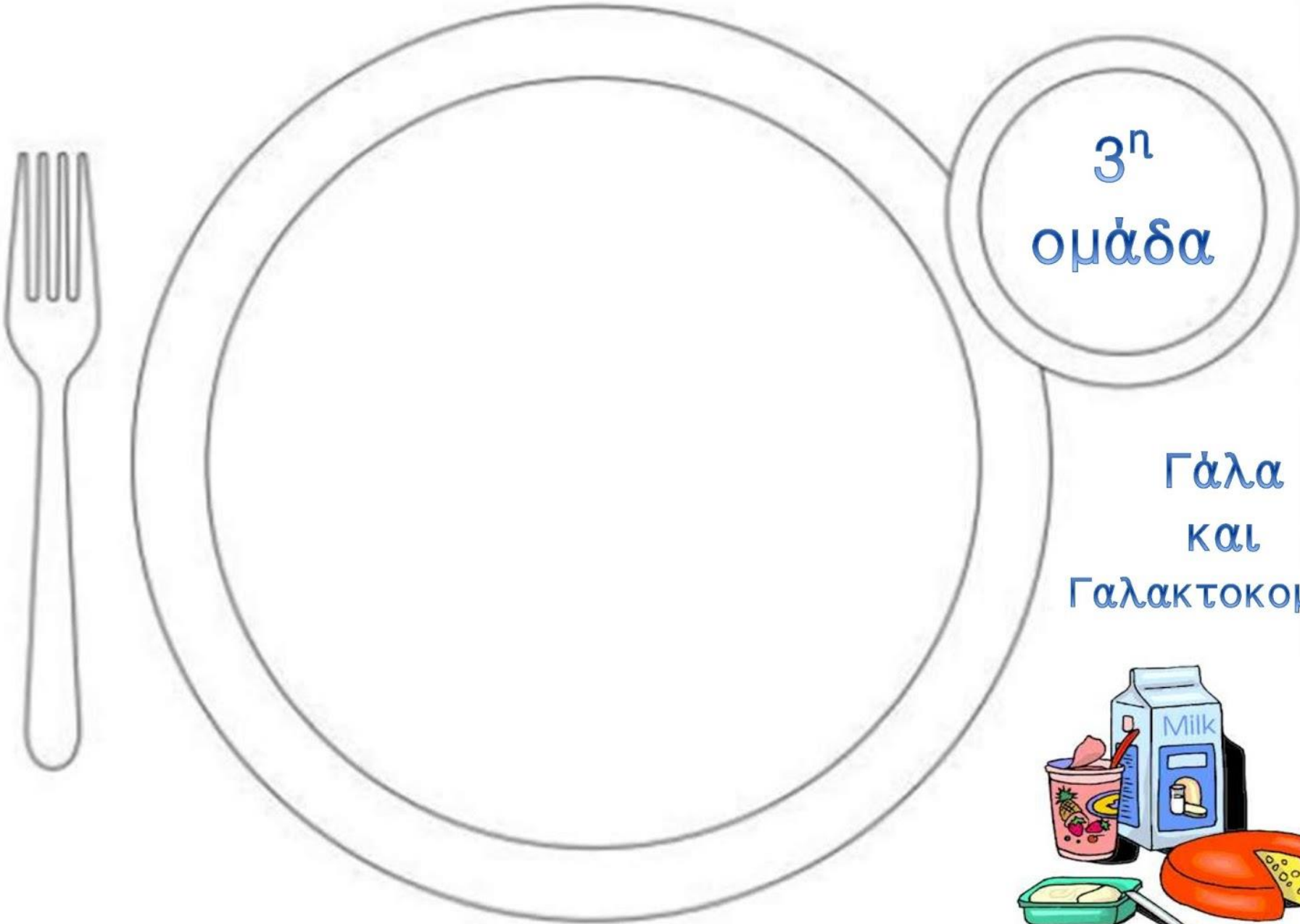




2^η
ομάδα

Φρούτα
και
λαχανικά

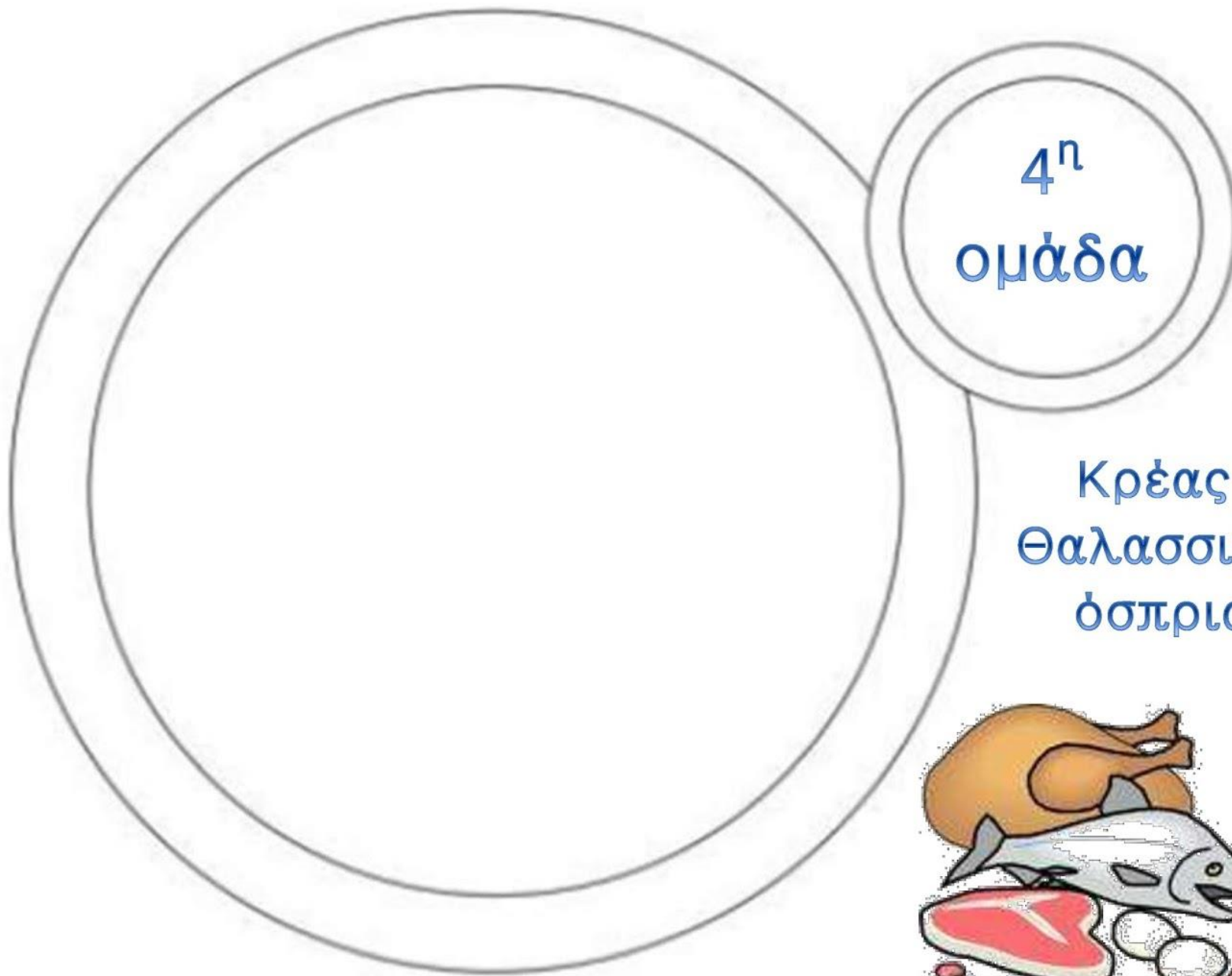




3^η
ομάδα

Γάλα
και
Γαλακτοκομικά

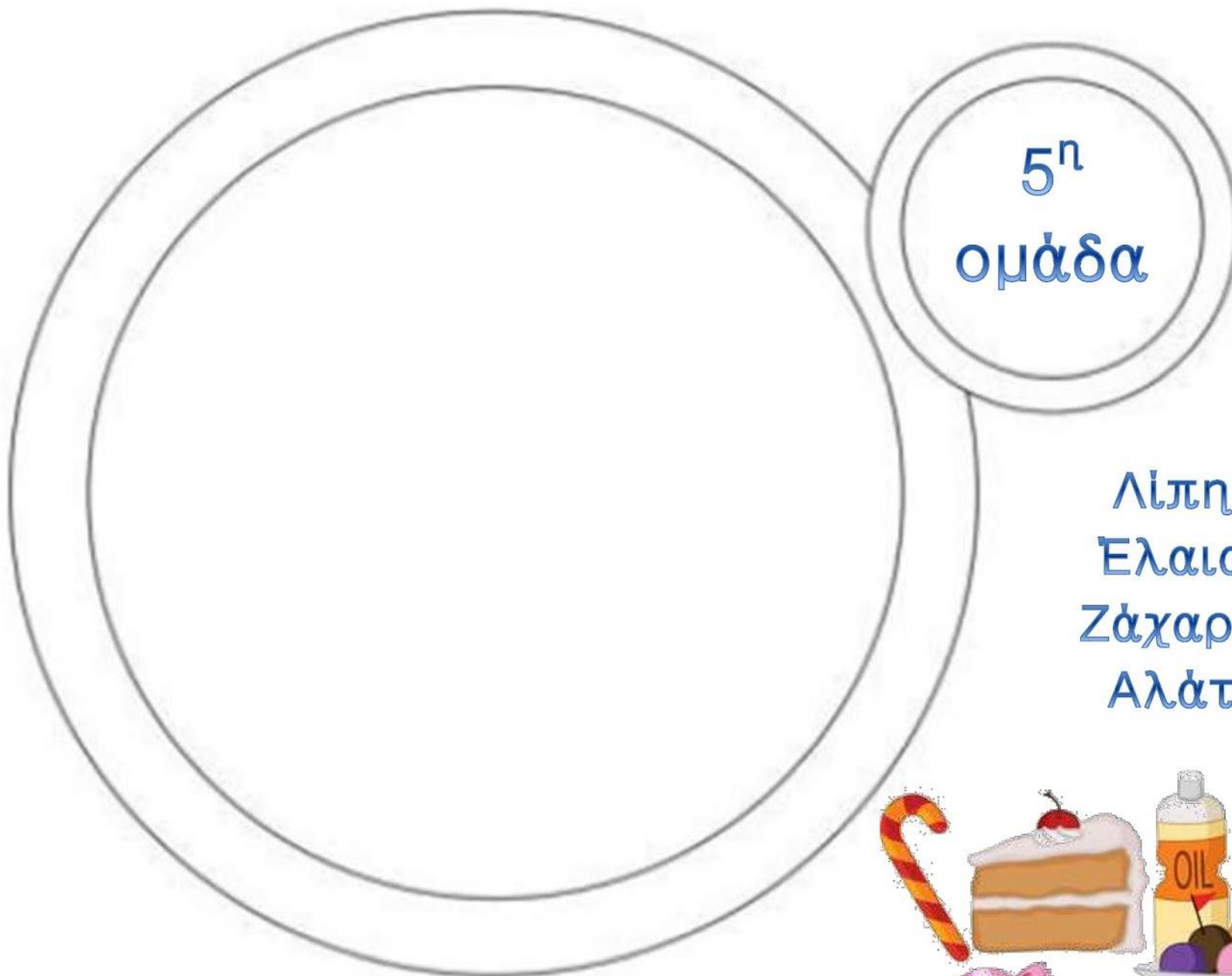




4^η
ομάδα

Κρέας,
Θαλασσινά,
όσπρια





5^η
ομάδα

Λίπη,
Έλαια,
Ζάχαρη,
Αλάτι



