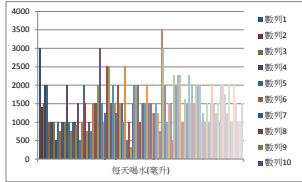
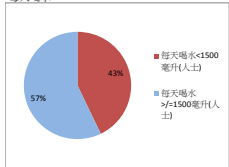
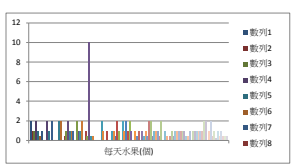
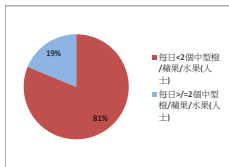




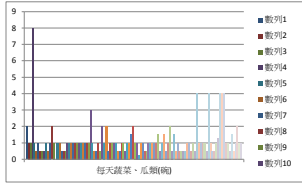
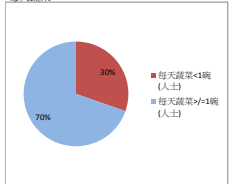
每天喝水



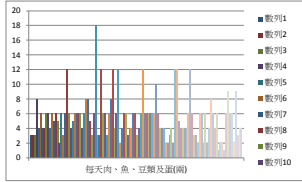
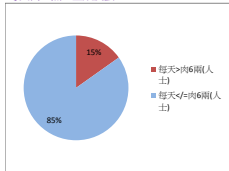
每日水果



每天蔬菜



每天肉、魚、豆類及蛋



每天奶品類

