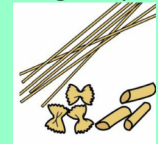
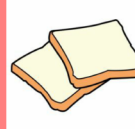
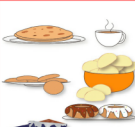
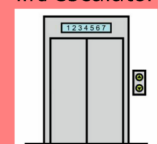


more of this  mer av detta	vegetables  grönsaker	fruit  frukt	wholegrain pasta  fullkornspasta	less of this  mindre av detta	red meat  rött kött	bread spread  pålägg
legumes  baljväxter	fish  fisk	seafood  skaldjur	wholegrain  fullkorn	white bread  vitt bröd	sugar in food  socker i mat	salt  salt
nuts  nötter	seeds  frön	low-fat dairy products  mager mejeri	oil  olja	butter  smör	chips, sweets  chips godis	alcohol  alkohol
exercising  träning	everyday activities  vardagsaktivitet	carrying  bära	stairs  trappa	walking  gå	sitting  sitta	lift/escalator  hiss/rulltrappa
regularly  regelbundet	motion  rörelse	muscle strength  muskelstyrka	bicycling  cykla	standing  stå	computer time  skärmtid	car  bil