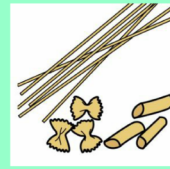
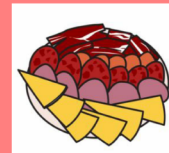
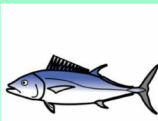
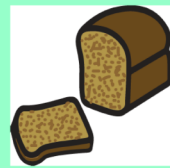
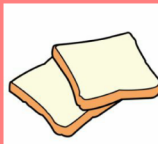
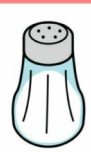
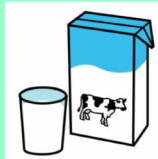
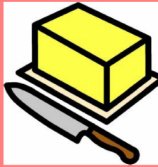
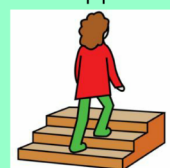
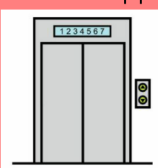
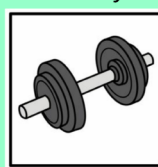
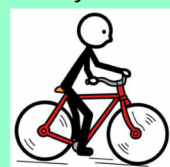
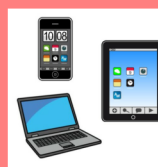


mer av detta 	grönsaker 	frukt 	fullkornspasta 	mindre av detta 	rött kött 	pålägg 
baljväxter 	fisk 	skaldjur 	fullkorn 	vitt bröd 	socker i mat 	salt 
nötter 	frön 	mager mejeri 	olja 	smör 	chips godis 	alkohol 
träning 	vardagsaktivitet 	bära 	trappa 	gå 	sitta 	hiss/rulltrappa 
regelbundet 	rörelse 	muskelstyrka 	cykla 	stå 	skärmtid 	bil 