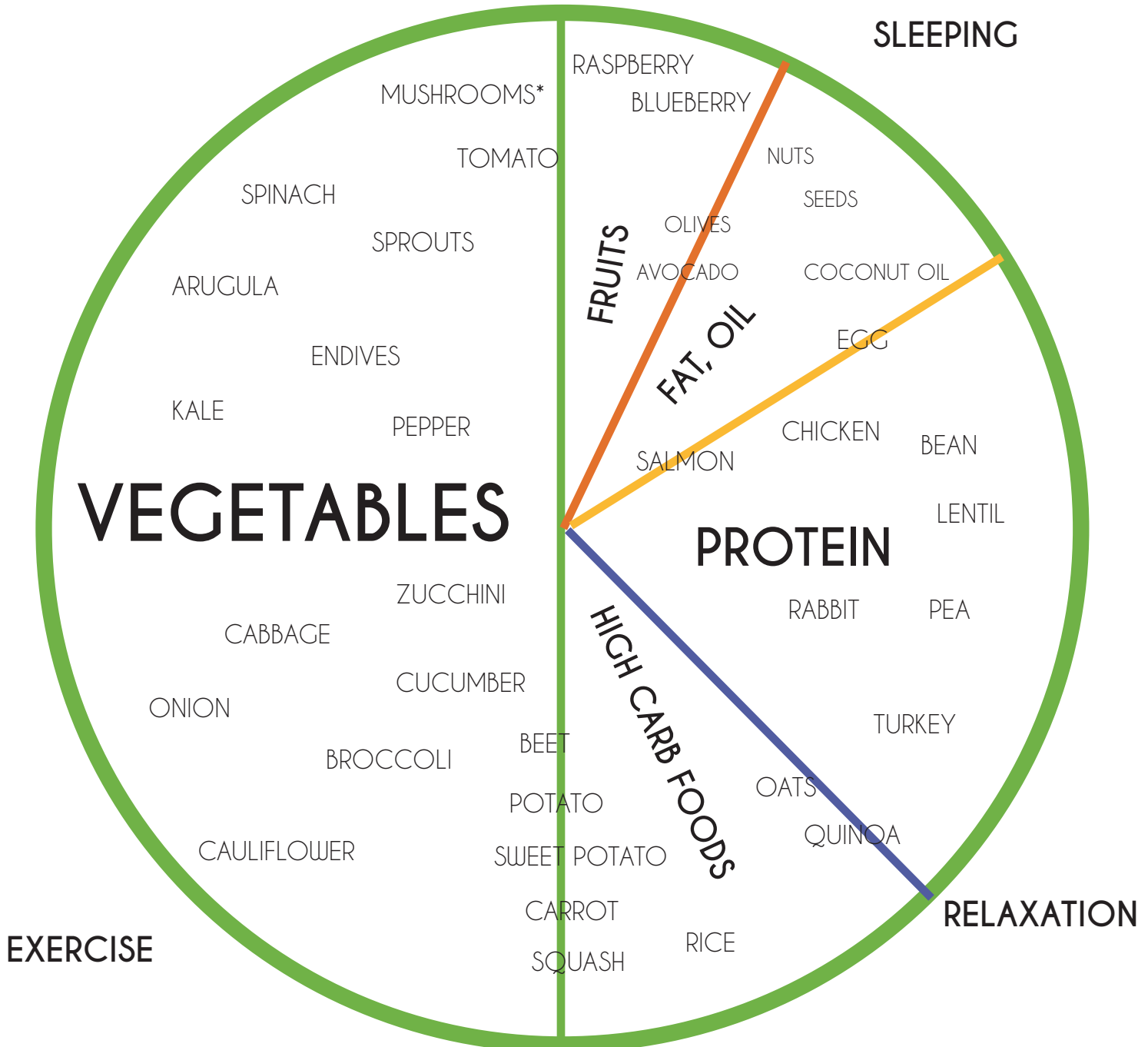


Eat the RAINBOW!



LAUGHING, HAPPINESS

MIN. 2 L WATER



*Mushrooms are not vegetables, but it was easier to illustrate this this way. These are just examples. The complete list, that can be eaten is on the eat or not to eat page. This chart shows only approximate ratios.