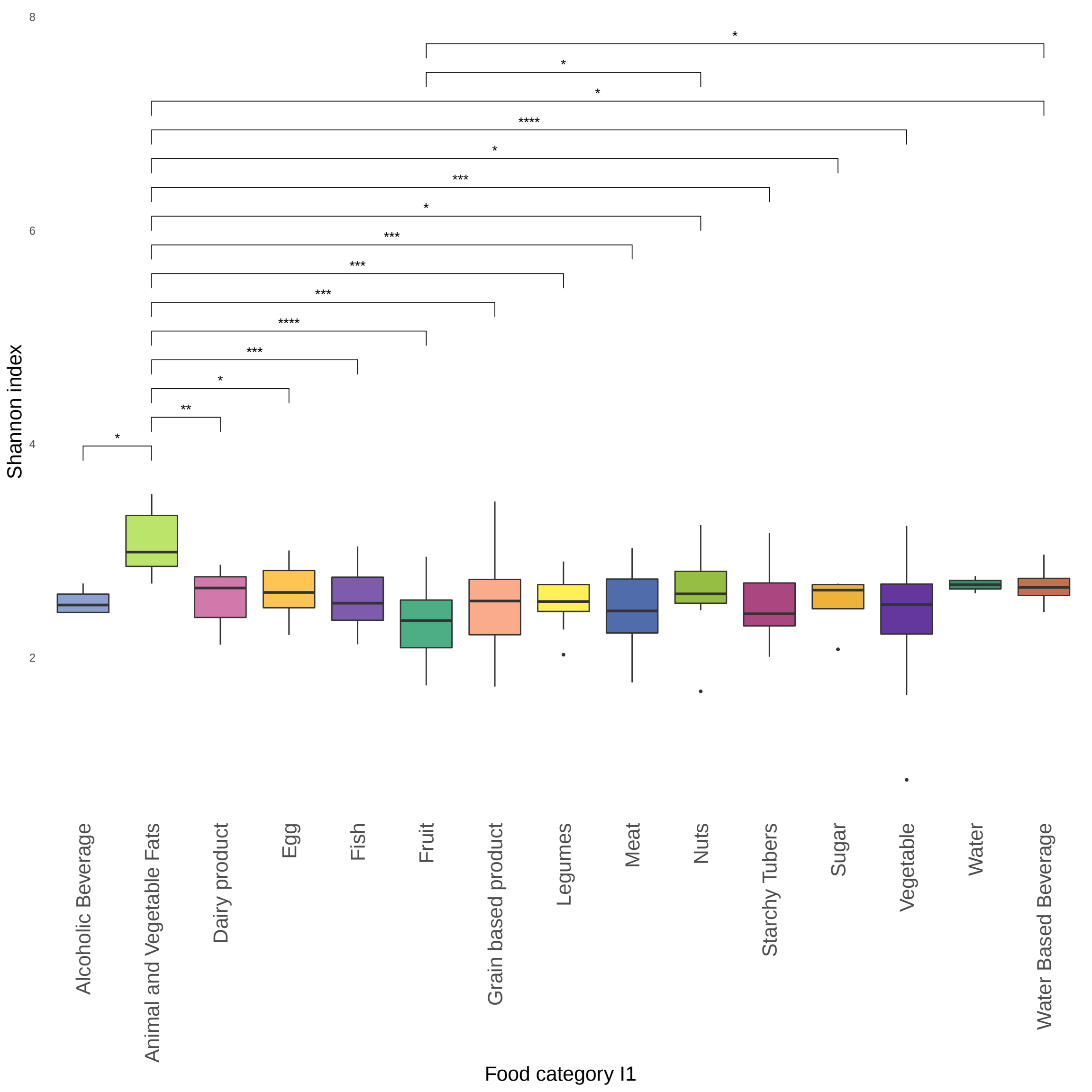
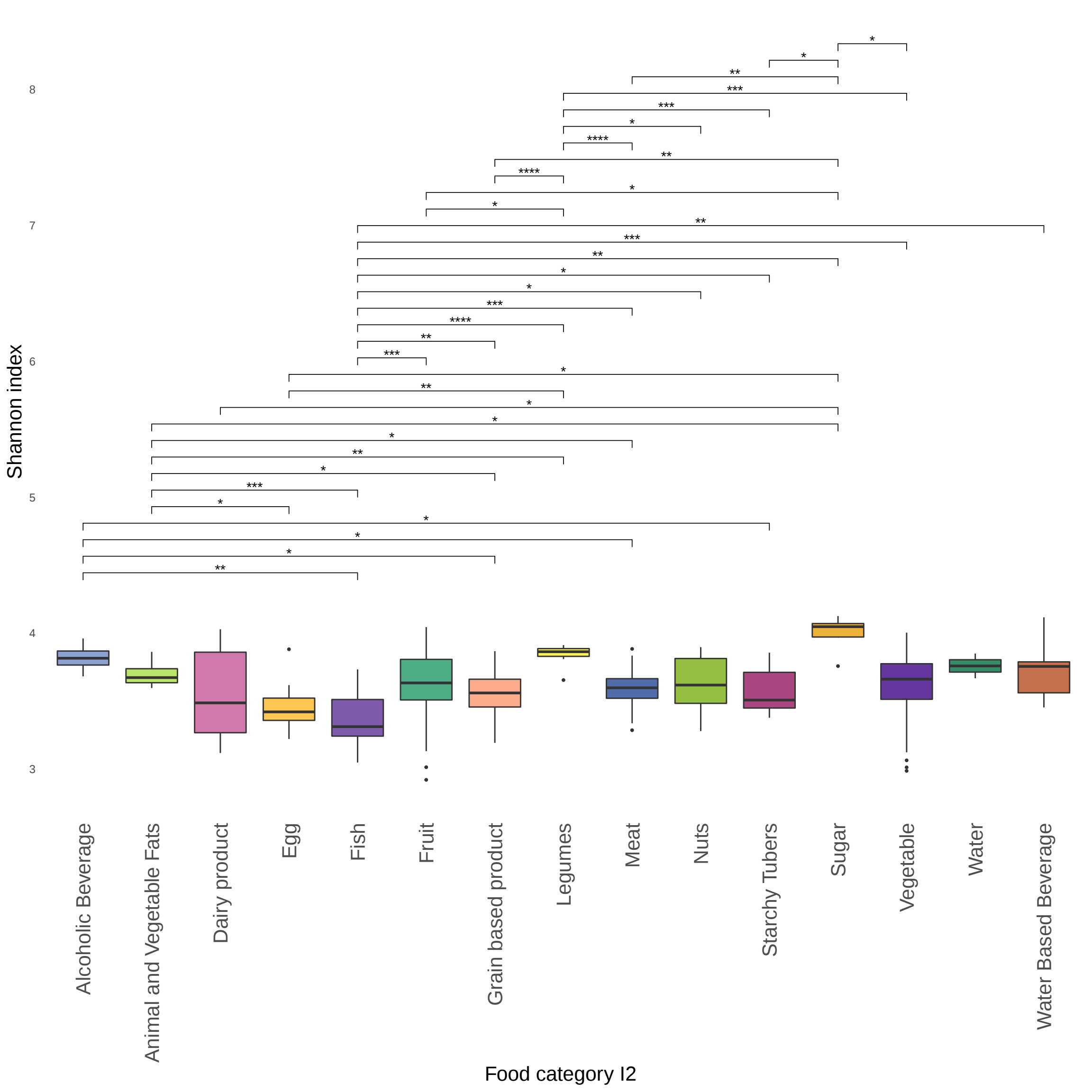






Shannon index

30

20

10

0

Alcoholic Beverage

Animal and Vegetable Fats

Dairy product

Egg

Fish

Fruit

Grain based product

Legumes

Meat

Nuts

Starchy Tubers

Sugar

Vegetable

Water

Water Based Beverage

Food category I3

