



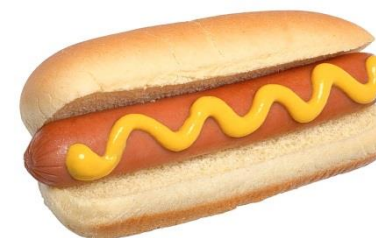
- Cereals
- Rice
- Bread



- Pizza
- Hot dog
- Sandwich



- Rice
- Pasta
- Bread



- Hamburger
- Pizza
- Hot dog



- Sweets
- Water
- Sugary drinks



- Fruit juices
- Water
- Sugary drinks



- Fish
- Meat
- Eggs



- Fish
- Ham
- Cheese



- Sandwich
- Hamburger
- Hot dog



- Rice
- Pasta
- Cereals



- Rice
- Pasta
- Bread



- Fish
- Eggs
- Meat



- Milk
- Water
- Sugary drinks



- Fruit juices
- Water
- Sugary drinks



- Fish
- Meat
- Eggs



- Fish
- Ham
- Cheese



- Sandwich
- Hamburger
- Hot dog



- French fries
- Fish
- Hot dog

Idea taken from Lopes (2012, pp. 383-384).