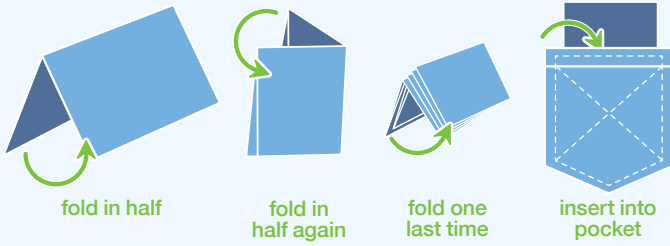
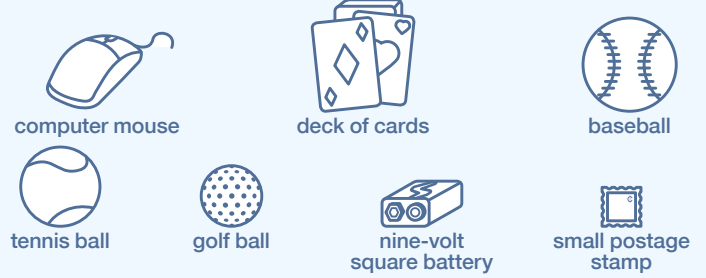


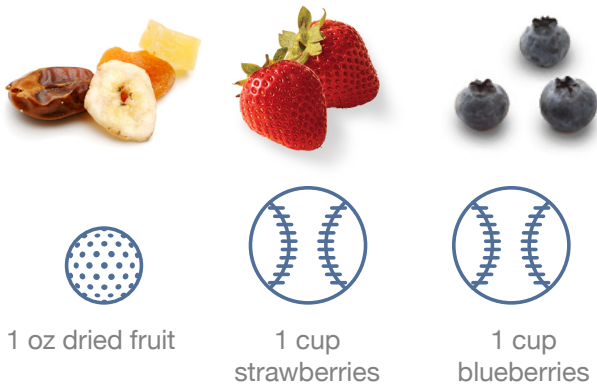
### folding instructions



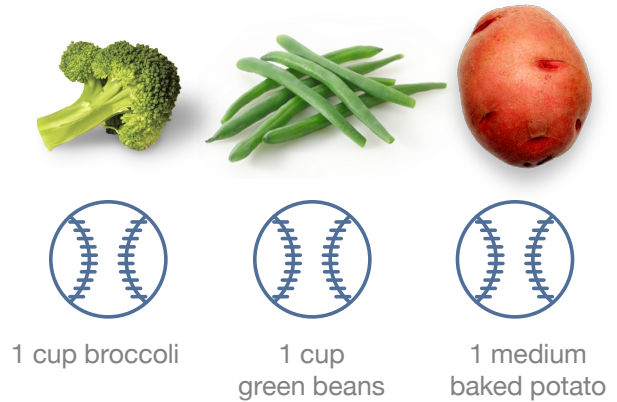
### visualization key



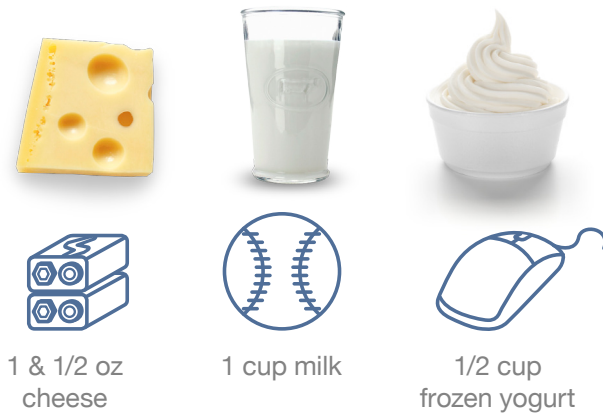
fruits



veggies



dairy



meat, nuts and beans



fats and oils



grains

