

A black and white portrait of a woman with short, curly hair, wearing glasses and a dark jacket over a patterned top. She is smiling and looking towards the camera. The background is dark and out of focus.

A circular diagram with a central stylized figure and a ring of various food items. The central figure is a black silhouette of a person sitting at a table, with three large black circles above their head. The table has three legs and two circular tops. Surrounding this central figure is a ring of dotted lines. Inside this ring are various food items, including a slice of pizza, a bowl of fruit, a box of cereal, a pineapple, a box of crackers, a corn cob, a tomato, a box of pasta, a can of beans, a pear, a carrot, a box of cereal, a bottle of beer, and a slice of pizza. The entire diagram is enclosed in a larger circle of dotted lines.

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