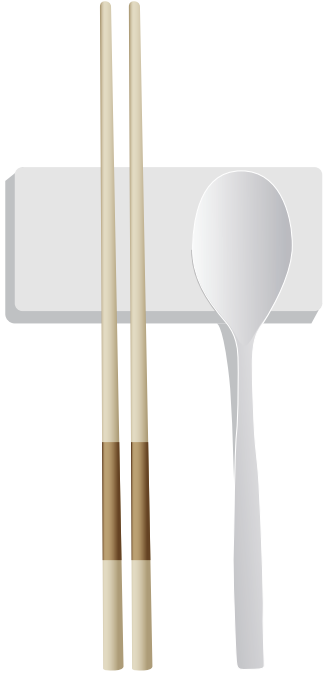中国居民平衡膳食餐盘(2022)
蔬菜类
鱼肉
蛋豆类
水果类
谷薯类