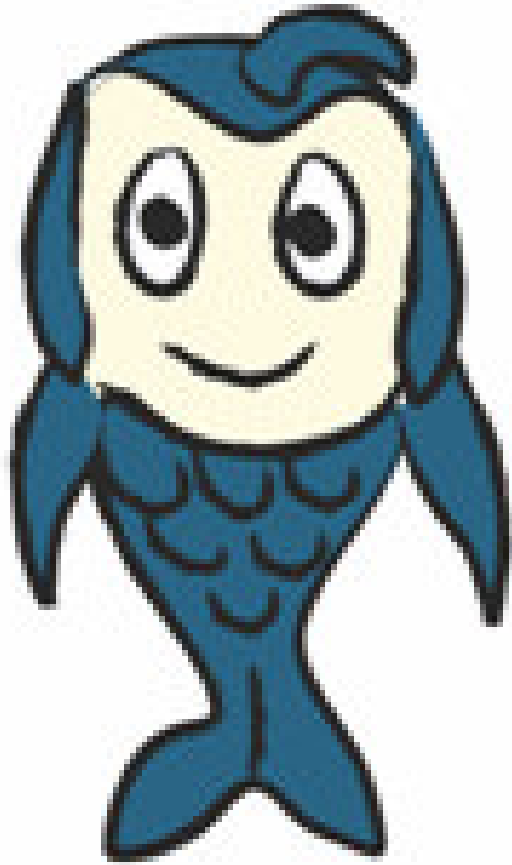


Fishy Frank



I belong to the **Protein Group**.
I help to build strong muscles
and repair the tissues in your
body.

Other foods that belong to this
group are;

Chicken; tuna; salmon;
eggs; beef; ham; turkey;
beans; lentils; chickpeas.