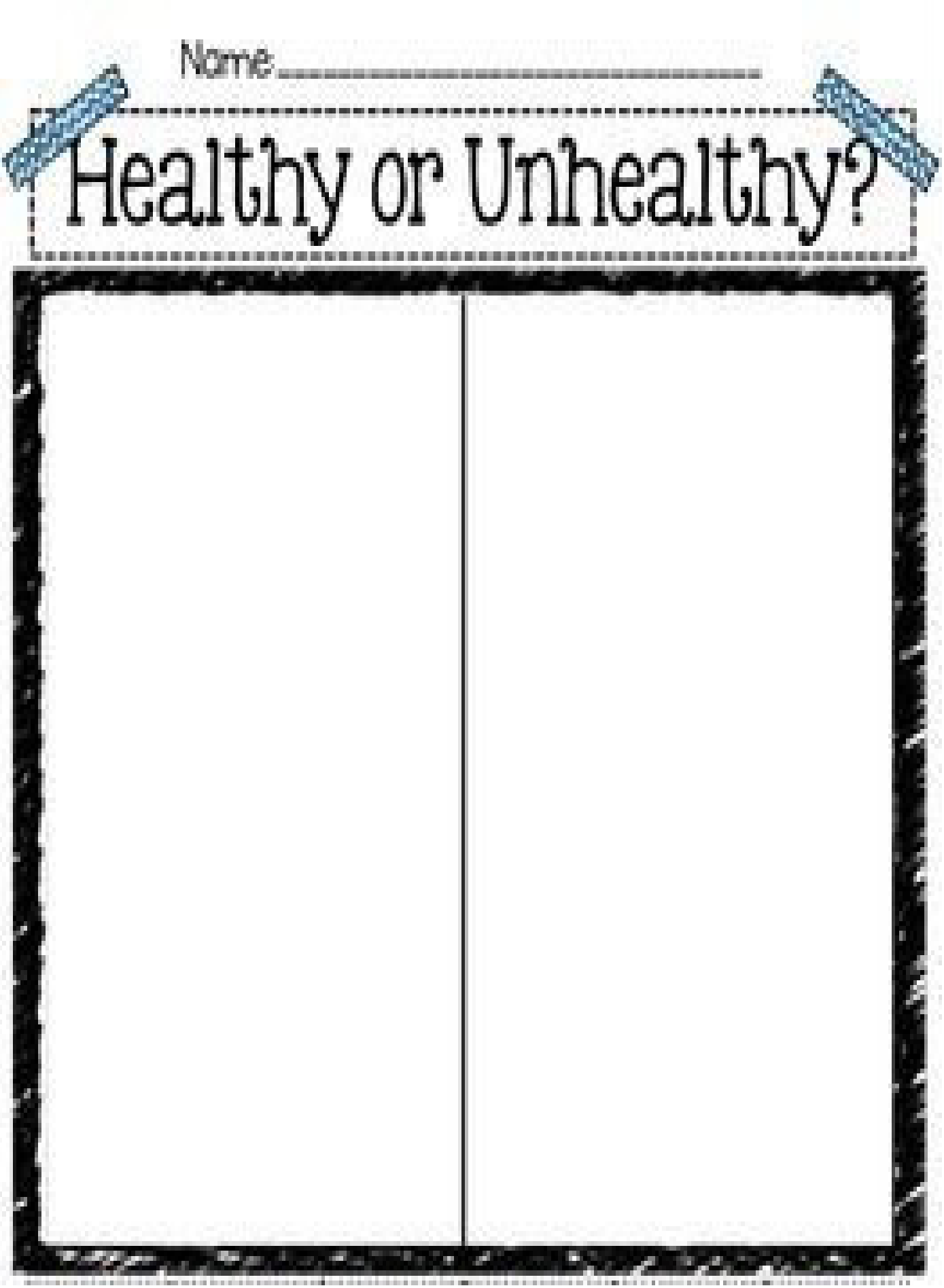
Sort out the following foods into the correct group



Yogurt