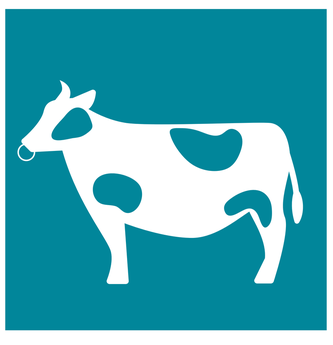
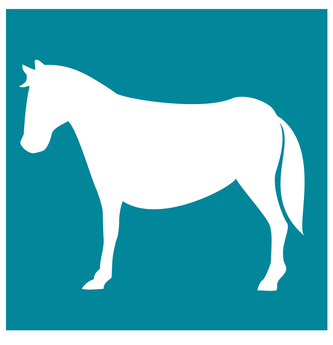
beef



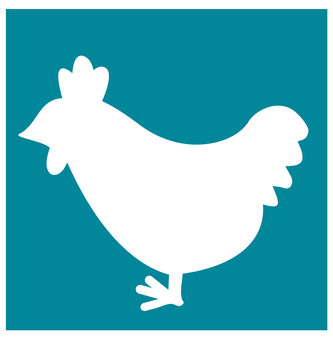
pork

horsemeat

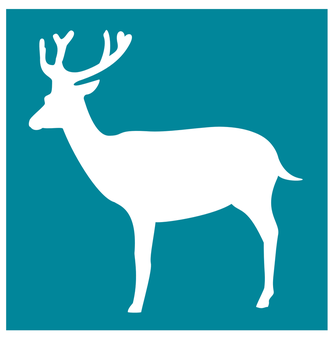


mutton

chicken



venison



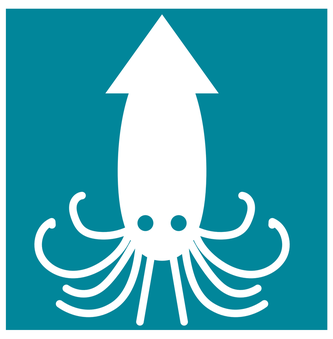
fish

shellfish

eel/conger eel

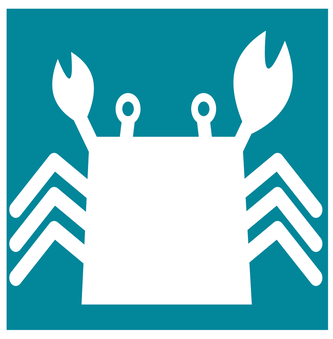
octopus

squid



shrimp

crab



salmon roe

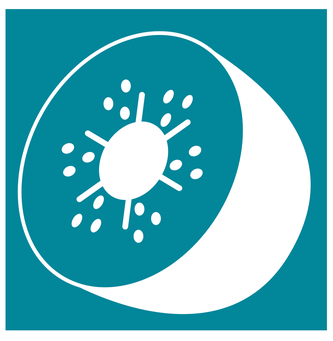
salmon

mackerel

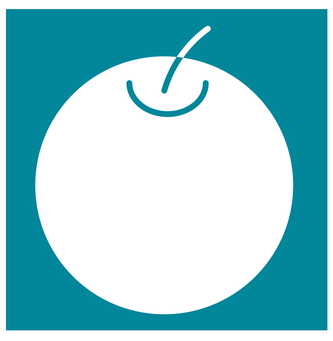
abalone

orange

kiwi

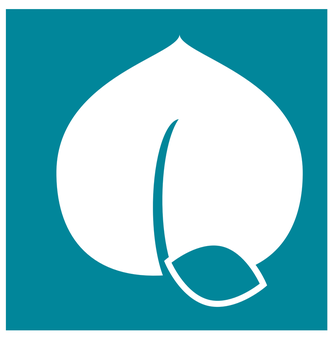


apple



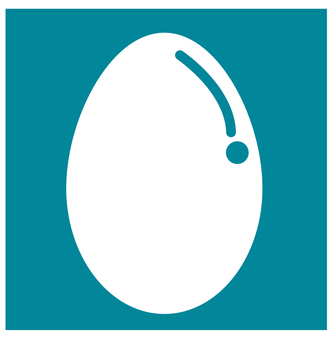
banana

peach

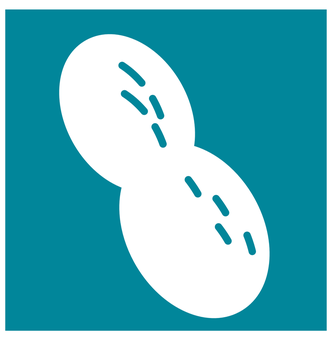


milk

egg



peanut



cashew nut

walnut

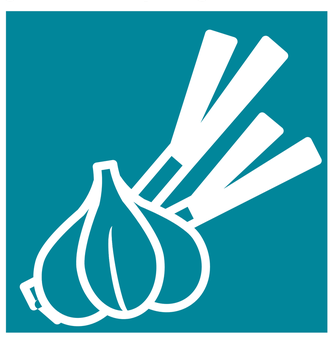
almond

raw

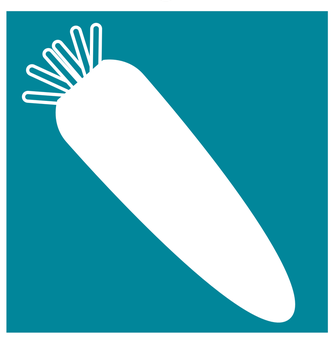
chinese yam

mushrooms

garlic/five pungent roots



root vegetables



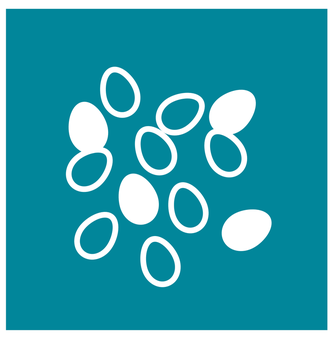
matsutake

onion

wheat

buckwheat

sesame



soy

liquor

gelatin

honey