LOGIGRAPHICS

The numbers listed indicate the number of consecutive squares that should be shaded in a given row or column respectively (that is the number of shaded groups and how long they should be). Between these black groups there must be some (at least one) white squares. Before the first and after the last black groups there might be (but not necessarily) white squares. In in end you get a figure in connection with healthy living.

								1	1	1	3		2	1	2									4				
							2	5	2	3	6	4	2	2	3			1					1	1	4	3		
							6	3	8	6	3	4	4	1	4	3	6	9	4		11	1	3	4	1	1	2	
					5	5	2	1	7	9	8	8	8	5	2	3	2	3	12		3	5	3	2	3	2	4	3
				6	3	8	1	3	1	6	5	12	12	16	13	24	19	13	10	31	13	15	12	1	1	5	3	3
			1																									
	3	2	2																									
	7	3	2																									
2	2	3	3																									
	2	2	7																									
	2	5	3																									
		4	6																									
		4	4																									
			17																									
	5	6	2																									
	5	7	2																									
6	3	3	2																									
	3	7	6																									
	4	9	3																									
1	5	6	1																									
	5	9	2																									
5	2	2	7																									
	6	8	2																									
3	2	10	1																									
		5	12																									
1	7	2	4																									
8	1	3	4																									
3	3	5	4																									
		4	14																									
		2	17																									
			20																									
		1	17																									
	1	1	14																									
	4	1	11																									
		6	10																									
		2	12																									
	1	1	11																									
		3	10																									
			11																									
			7																									

Solution: Pineapple

