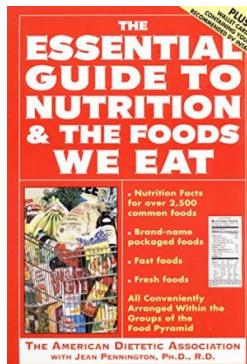


## The Essential Guide to Nutrition and the Foods We Eat



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