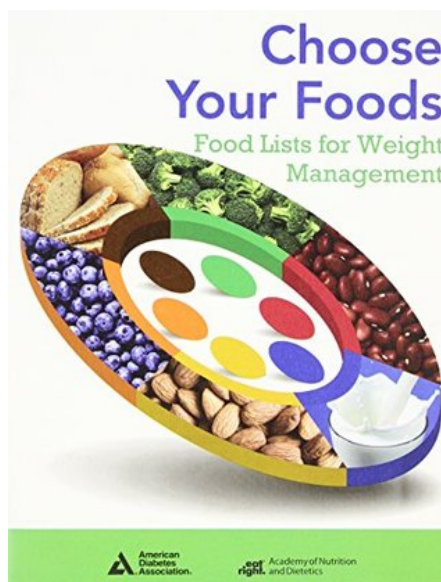




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Very helpful nutritional guide for those who want to understand what a balanced diet truly means.
