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# Nutrition

CARBOHYDRATES

CHOLESTEROL

UNSATURATED

INGREDIENTS

VEGETABLES

NUTRIENTS

SATURATED

MYPYRAMID

NUTRITION

CALORIES

MINERALS

VITAMINS

SERVING

CALCIUM

PROTEIN

MYPLATE

SODIUM

**FRUITS** 

GRAINS

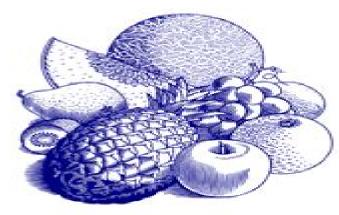
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Doris Ruslink,Good Ideas Book Company

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