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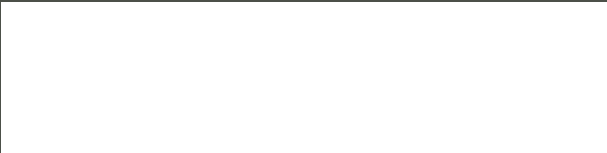


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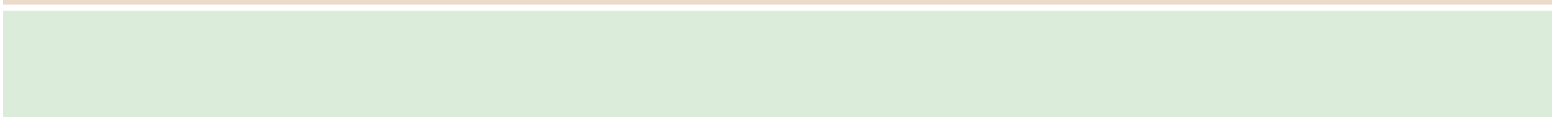
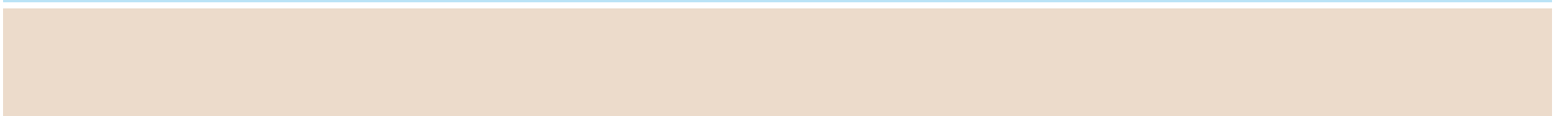
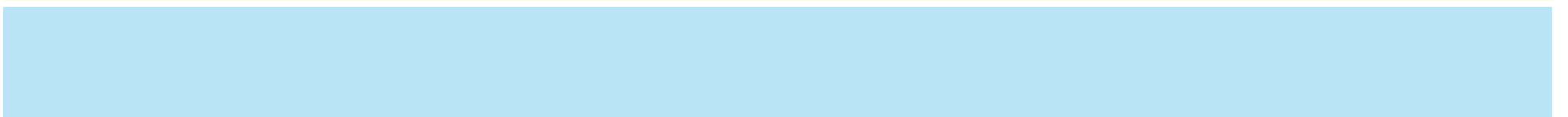
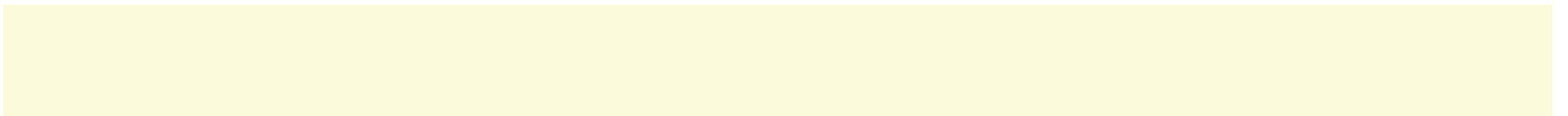


The Food Pyramid way

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eat poultry fish and alternatives
(2 servings a day)





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