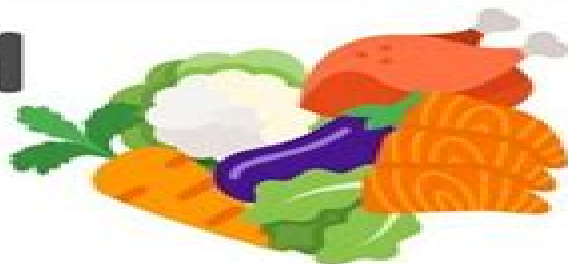


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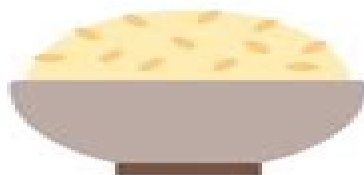
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2



EAT WHOLE GRAINS. EAT FISH, EGGS OR LEAN MEAT WITH LEGUMES AT EVERY MEAL

3



EAT AT LEAST TWO VEGETABLES, ONE GREEN LEAFY, AND TWO FRUITS A DAY

4



EAT FISH, EGG, OR LEAN MEAT WITH LEGUMES AT EVERY MEAL

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