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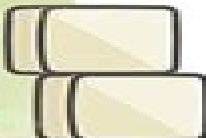
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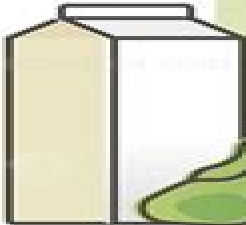
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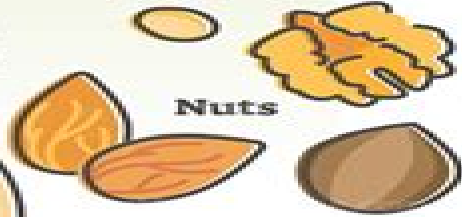
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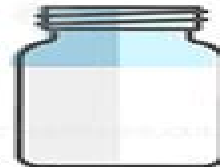
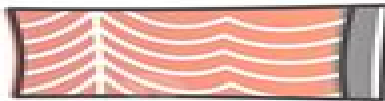
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Olive, Canola, Peanut
and Sesame Oils



Fatty Fish



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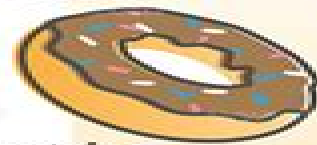
Whole-fat
Dairy Products



Cookies



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cream



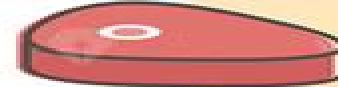
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Chips



Hydrogenated
Vegetable Oil



Red Meat



Fried Foods



BAD FATS

Good Fat Bad Fat

Wenbin Ji



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