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Whole Grains



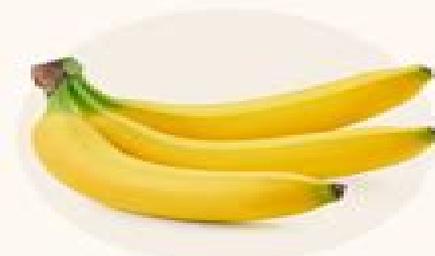
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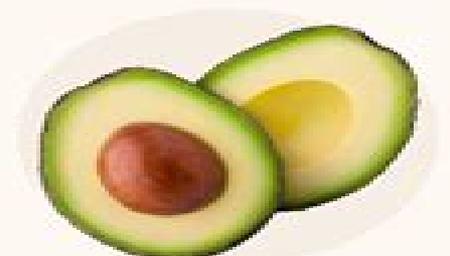
Leafy Greens



Lean Meats



Bananas



Avocados



Yogurt



Kombucha



Oats and Barley

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