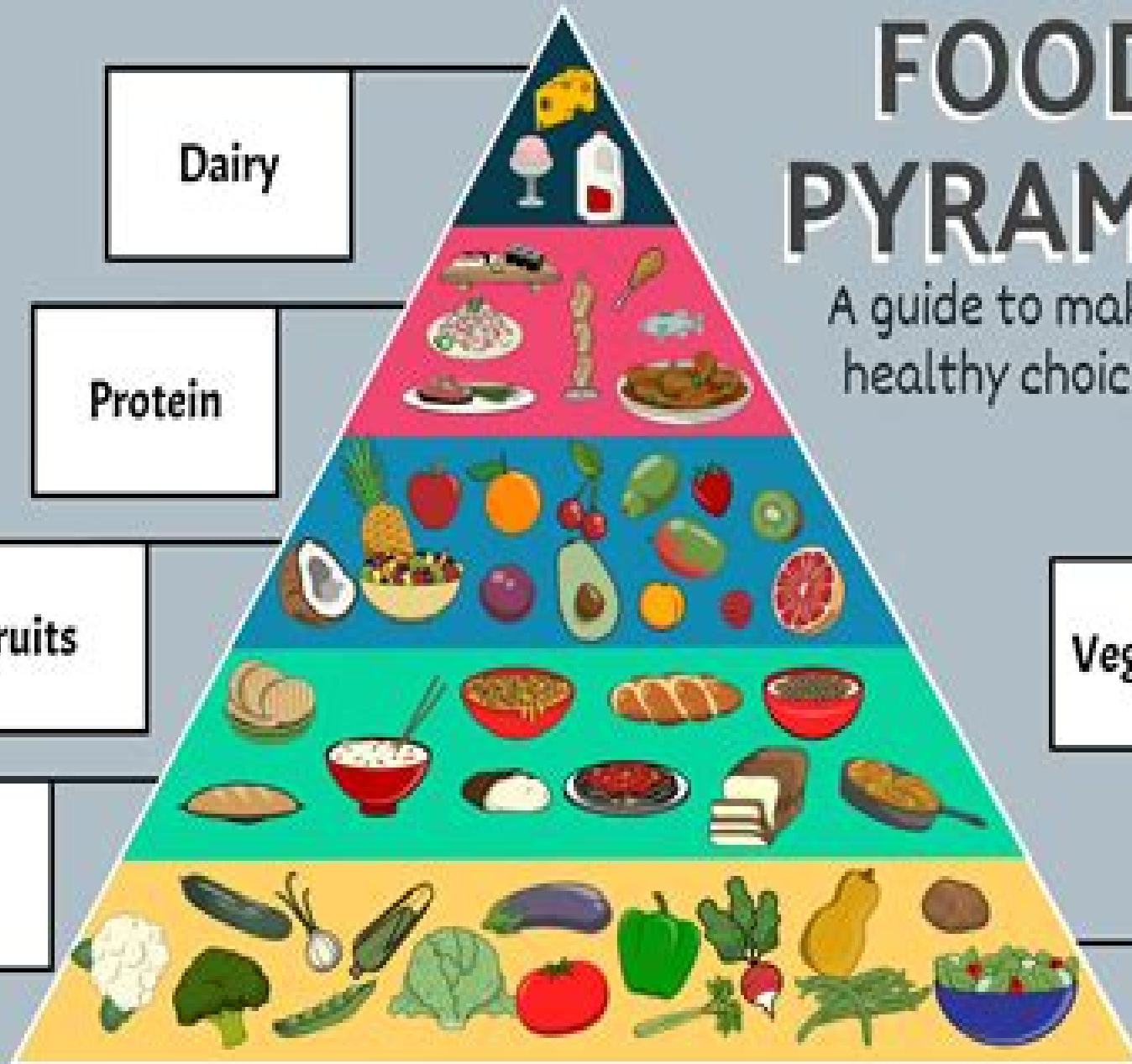


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A guide to making healthy choices!



The Food Guide Pymarid

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