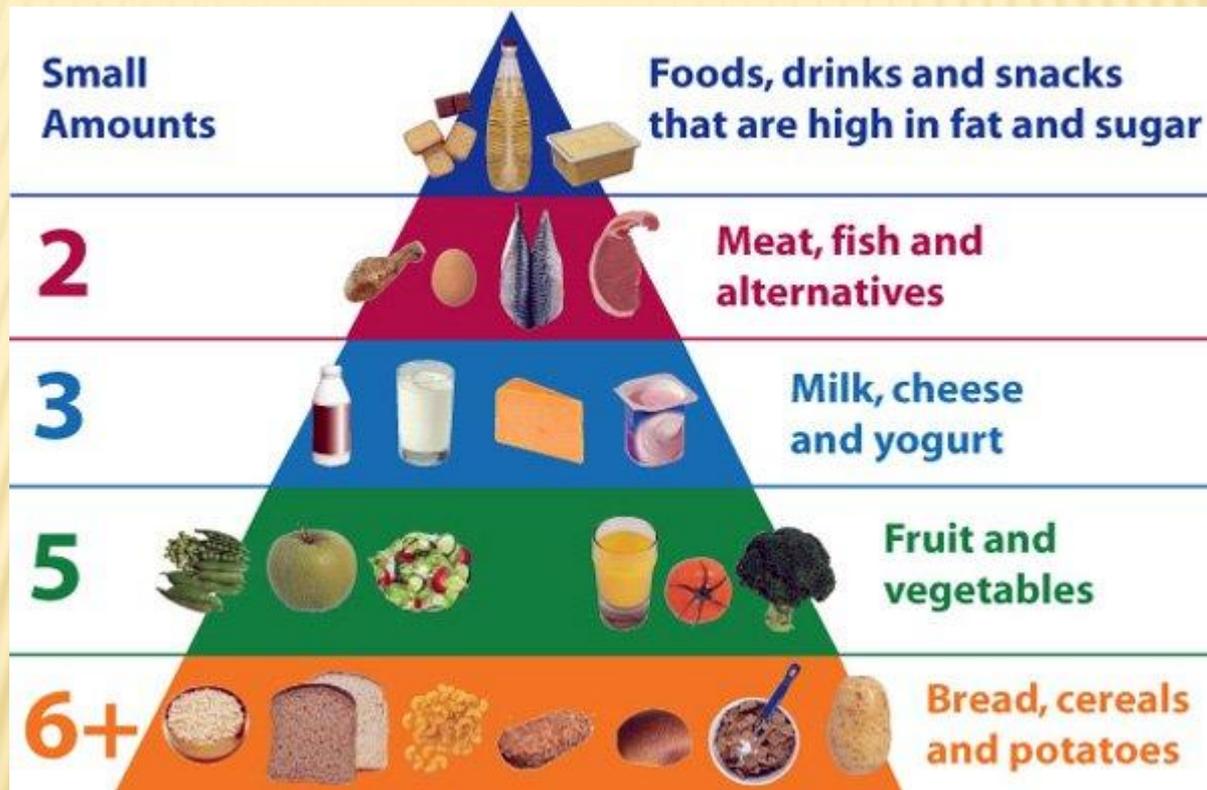


EATING AND GROWING



DAIRY FOOD



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FRUITS AND VEGETABLES



PROTEINS



MEAT



FISH



PROTEINS

Foods High in Protein



Meat and fish



Cheese



Eggs



Beans



Bread



Hummus



Nuts and seeds

NATURAL FOOD



PROCESSED FOOD



NATURAL FOOD VS PROCESSED FOOD

