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Nutrition Guide

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Pumpkin



Sweet Potatoes



Peppers



Onions



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Radish



Cabbage



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Fruits



Apples



Kiwi



Citrus Fruits



Blueberries



Watermelon



Fresh Fruit Juice

Grains



Whole Wheat Bread



Cereal



Couscous



Rice



Salmon



Pasta

Protein Sources



Chicken Pieces



Lentils



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