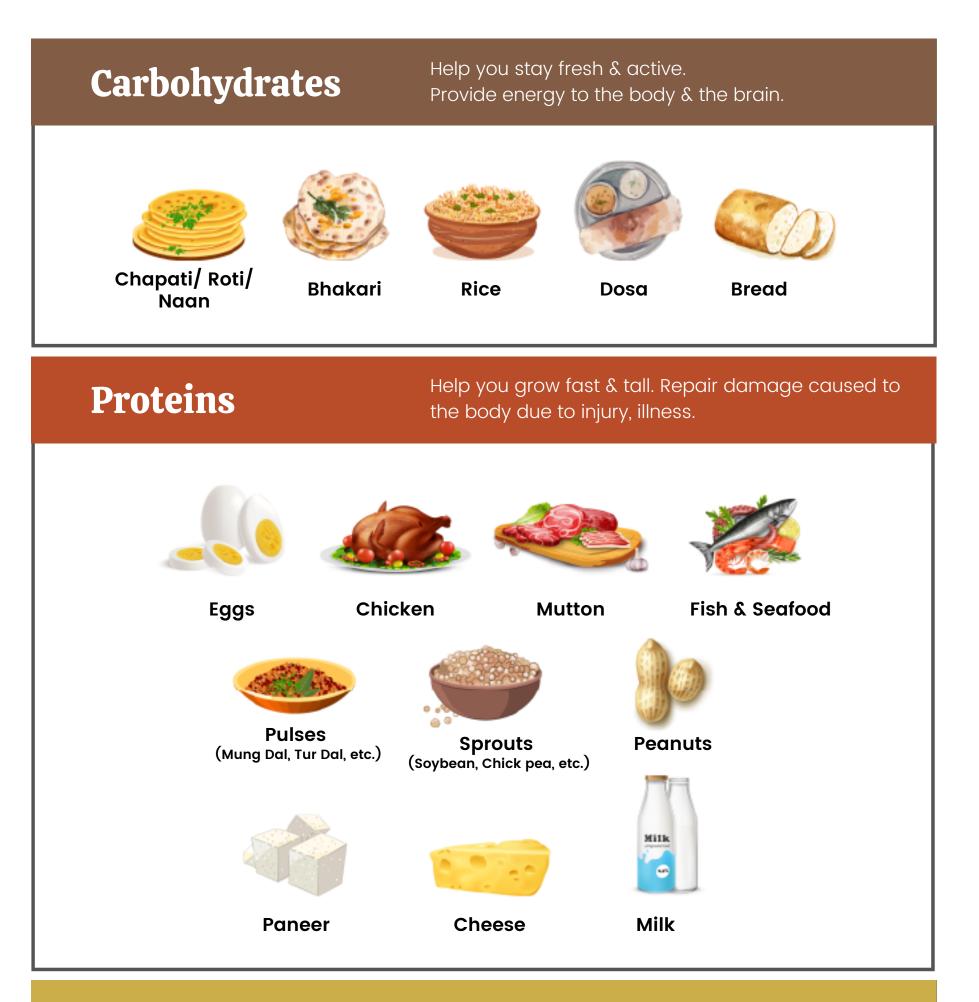
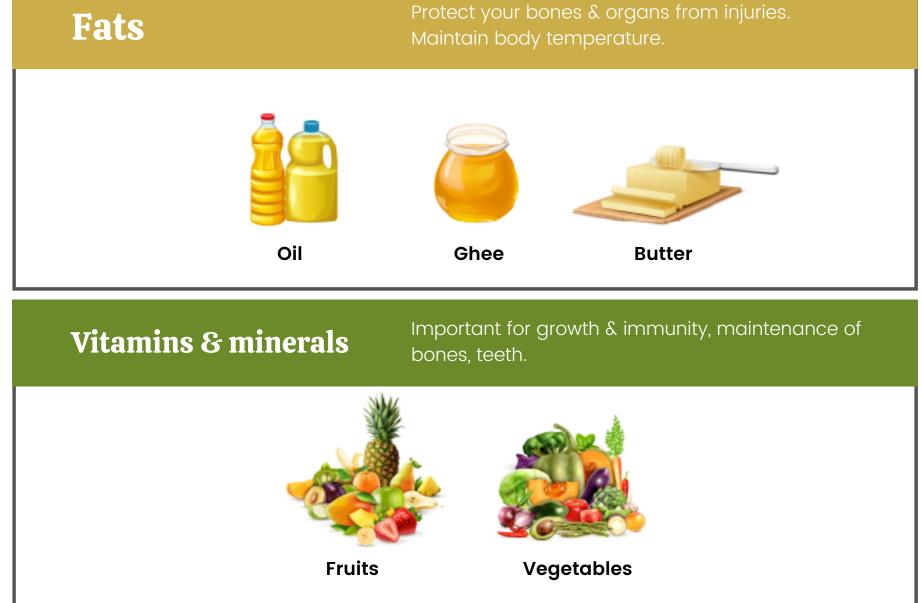


Food & Nutrition

What should we eat to stay healthy and fit?





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