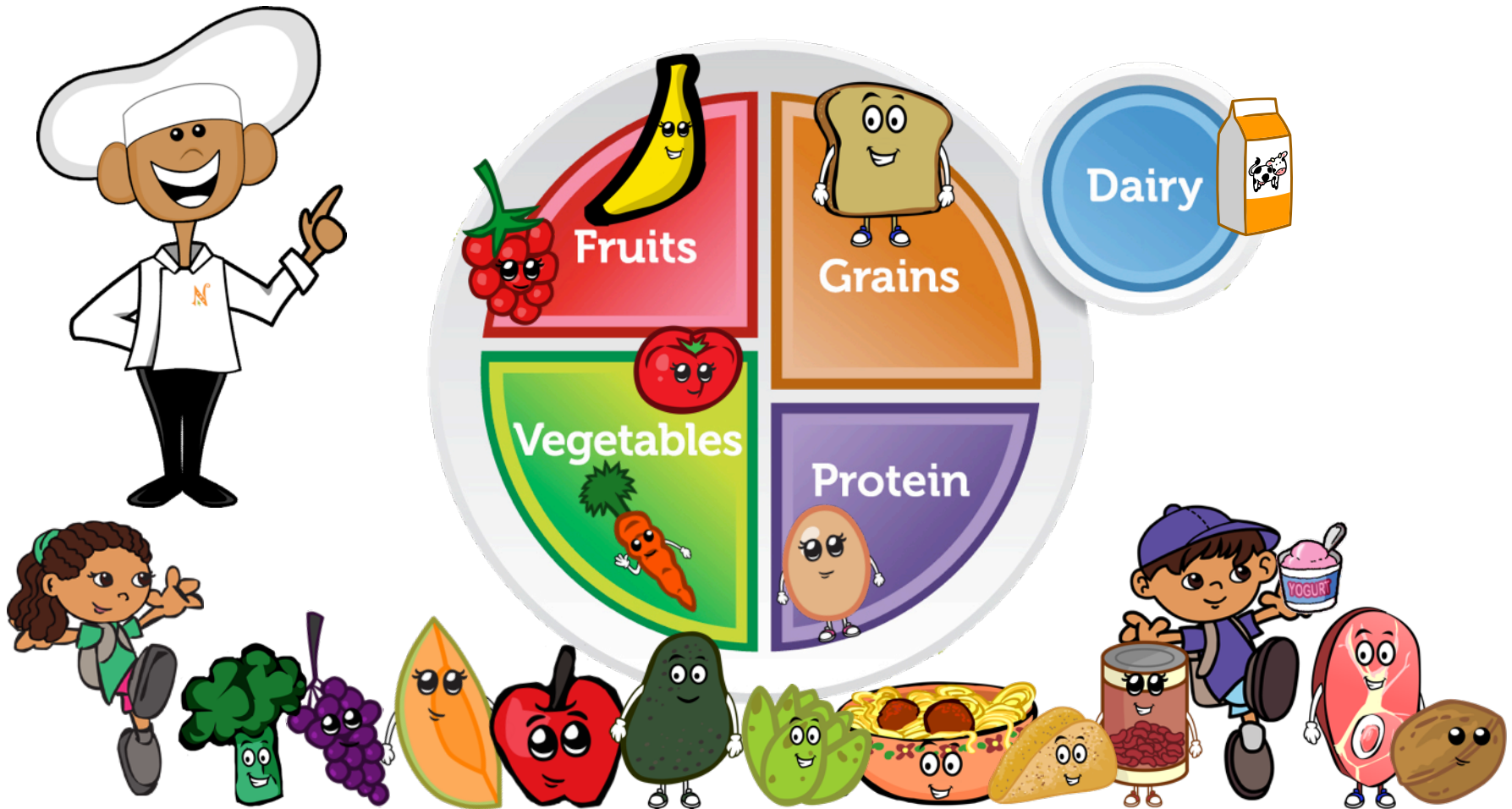




Foods you should eat every day:

- Eat more vegetables, fruits, whole grains, low fat milk and lean proteins.



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