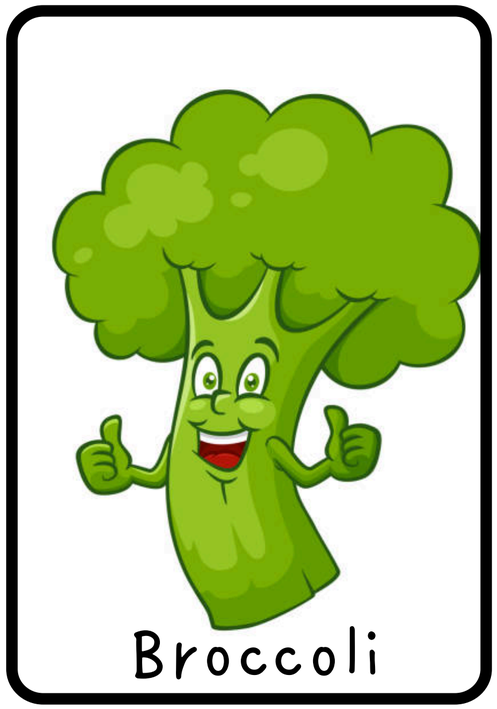
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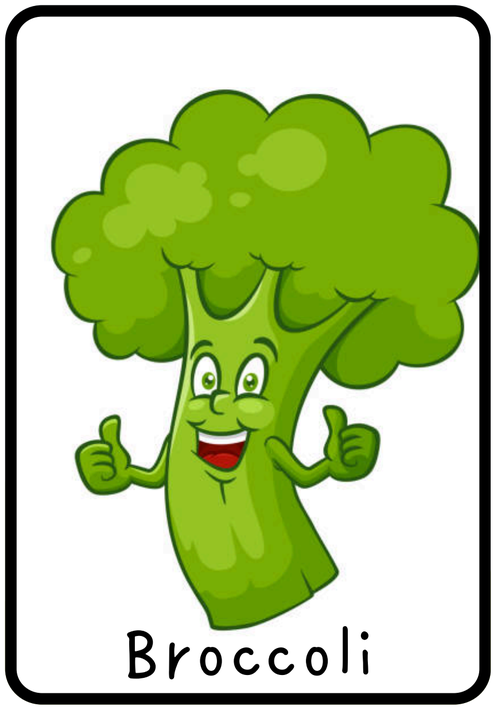
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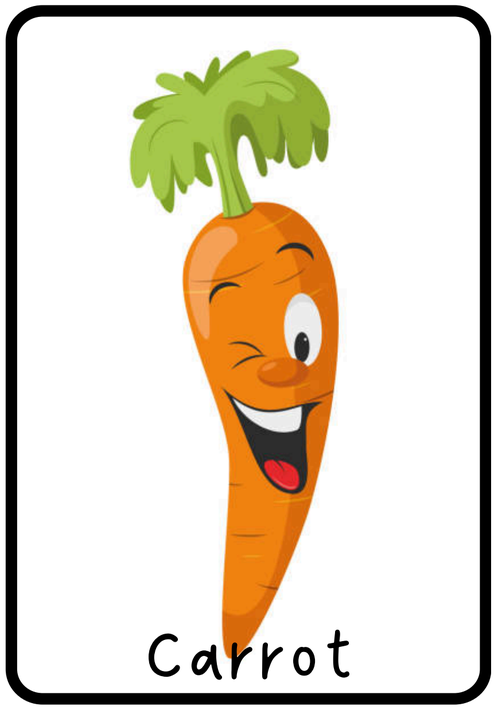
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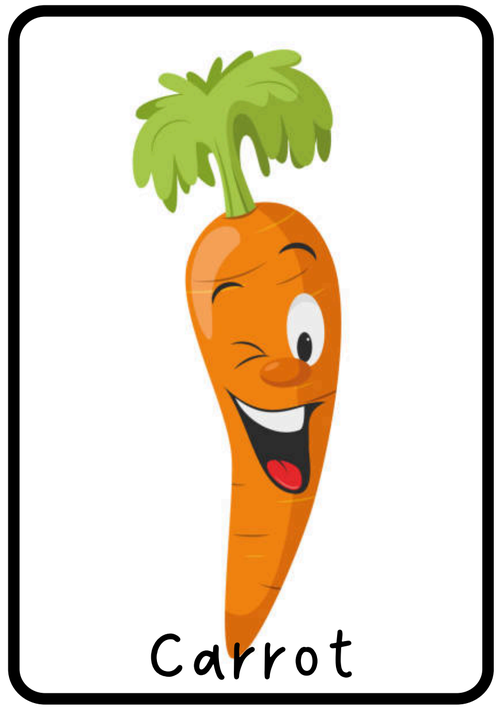
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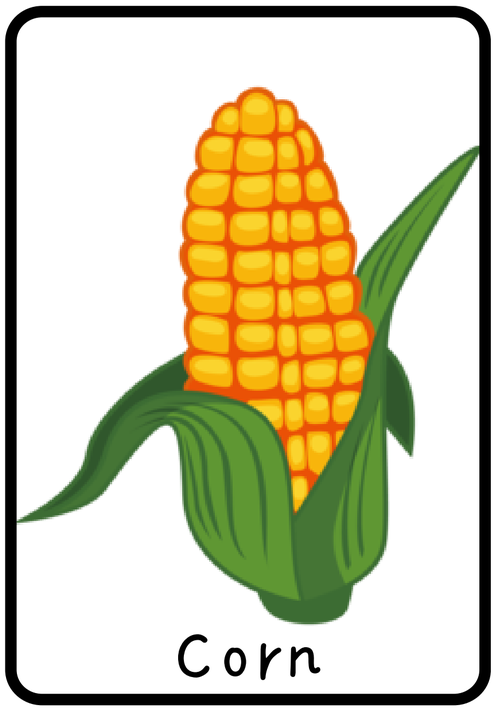
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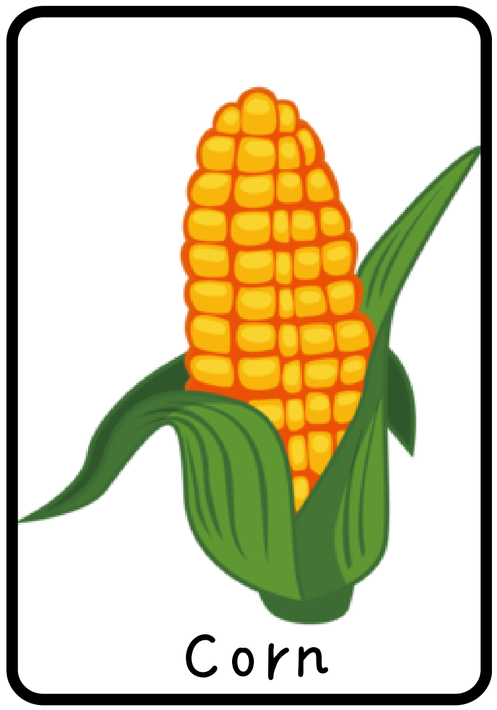
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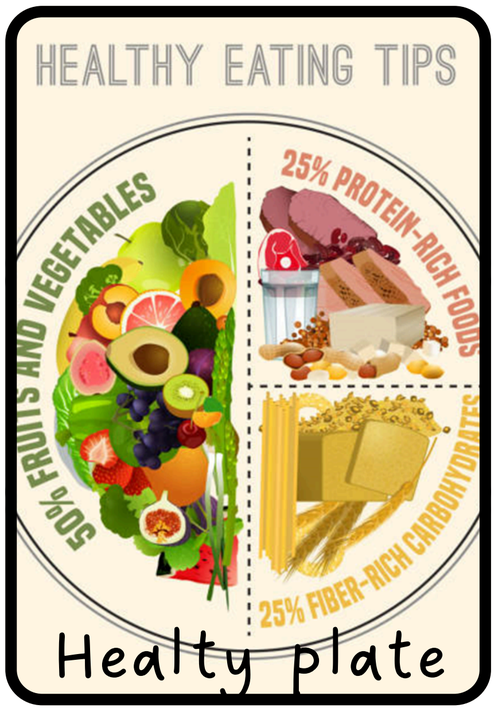
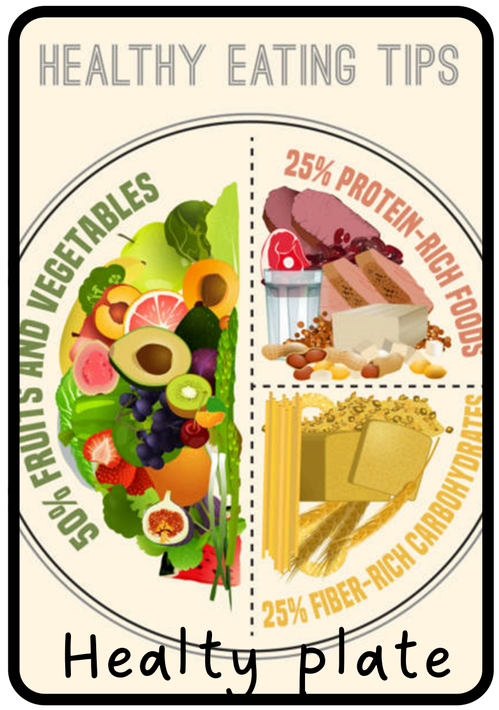

HEALTHY EATING TIPS
50% FRUITS AND VEGETABLES
25% PROTEIN-RICH FOODS
25% FIBER-RICH CARBOHYDRATES
Healty plate


HEALTHY EATING TIPS
50% FRUITS AND VEGETABLES
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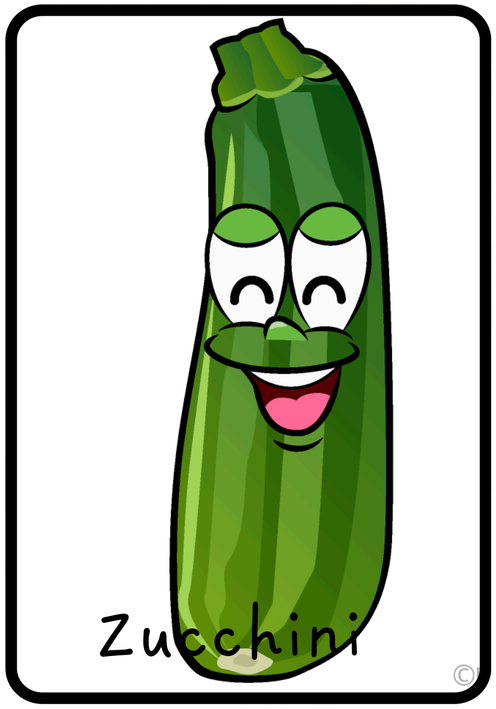
Healty plate

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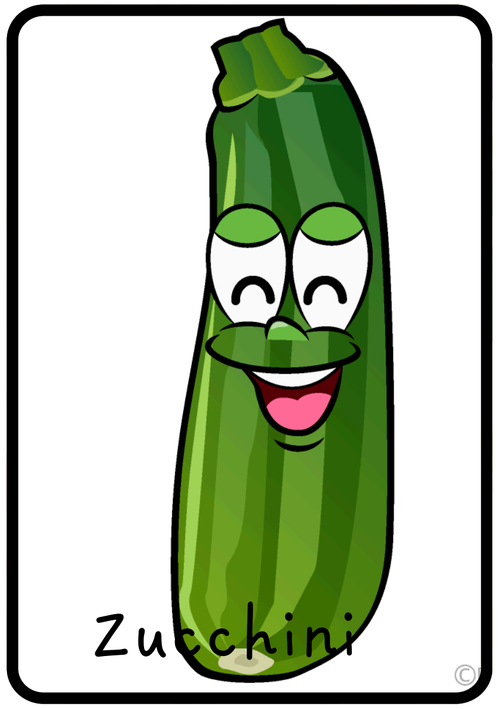
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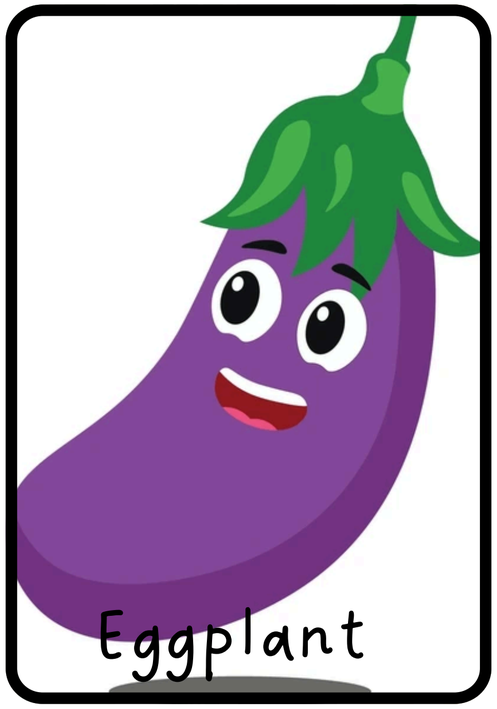
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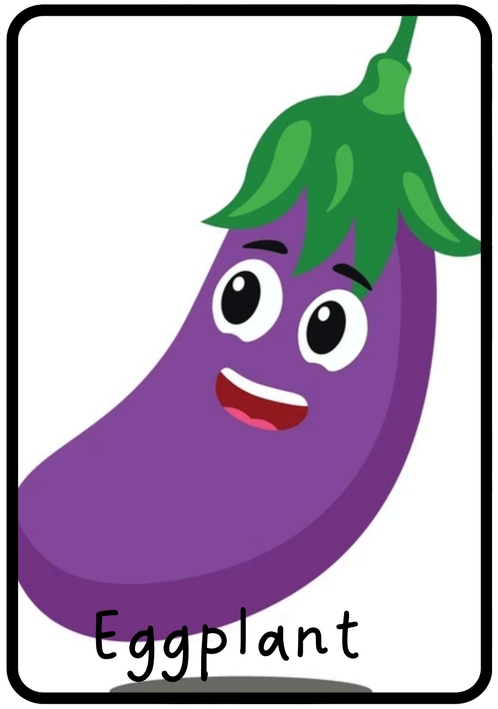
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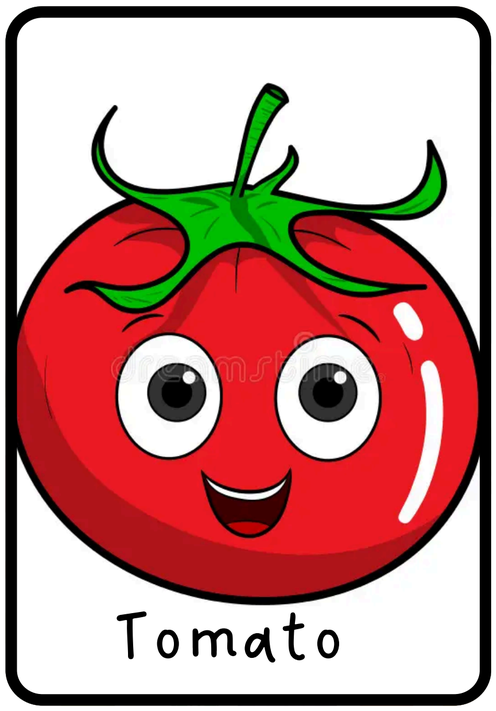
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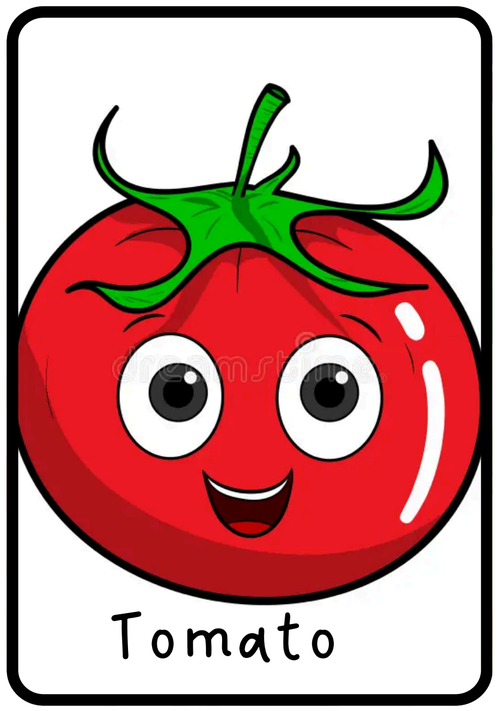
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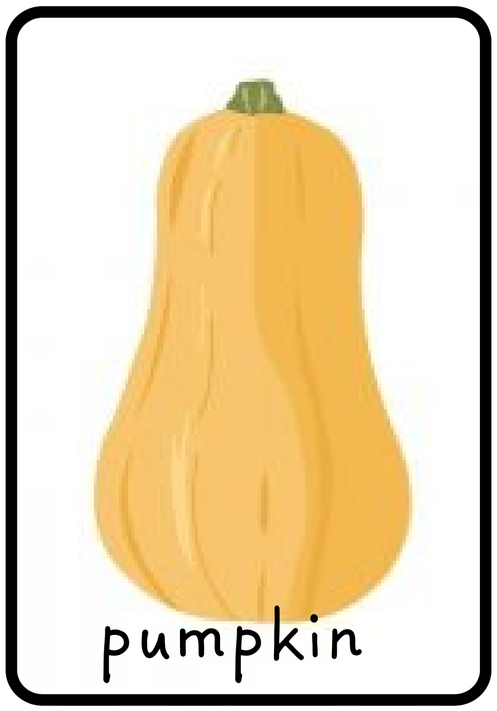
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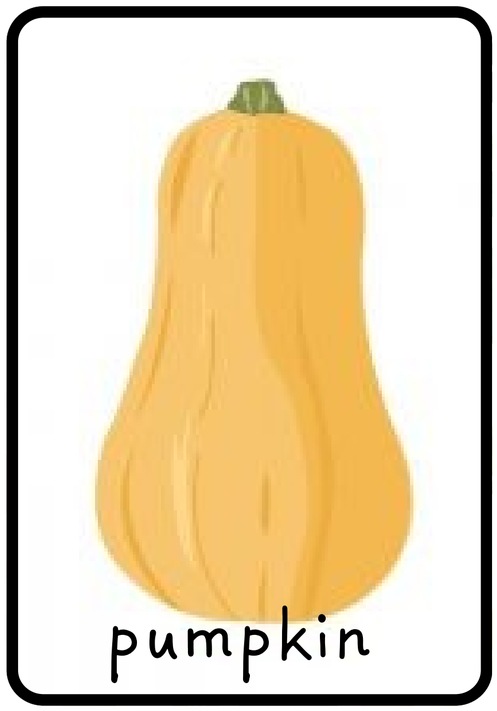

pumpkin



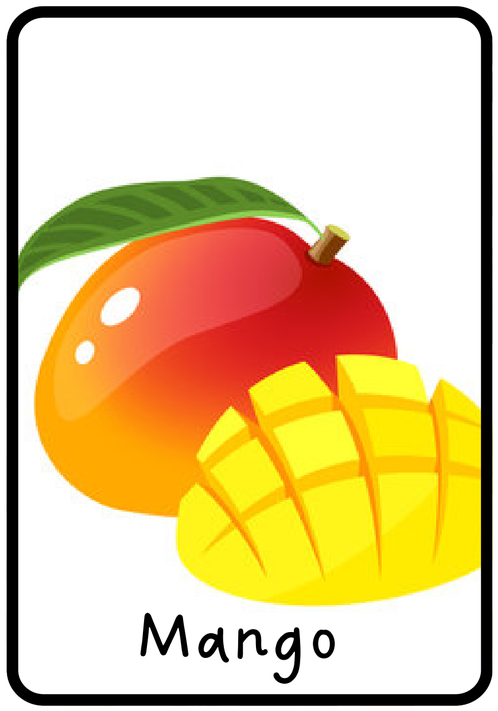

Beans


Beans


Banana


Banana


Mango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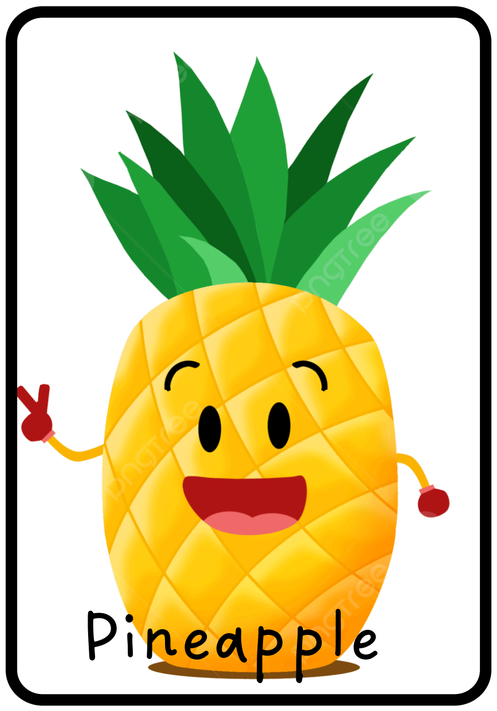
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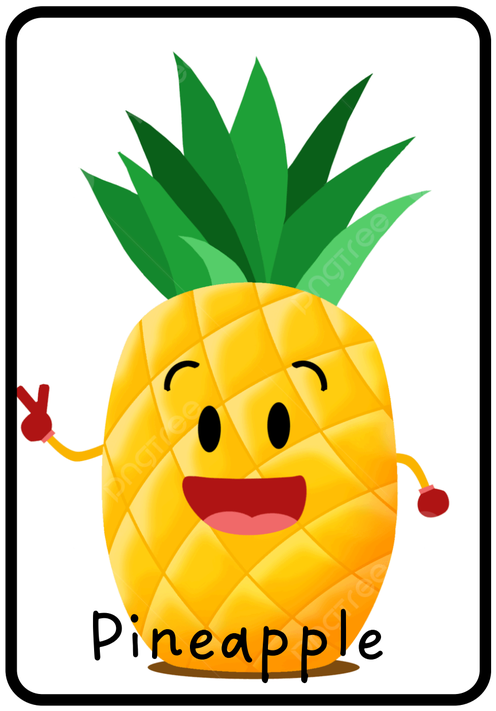
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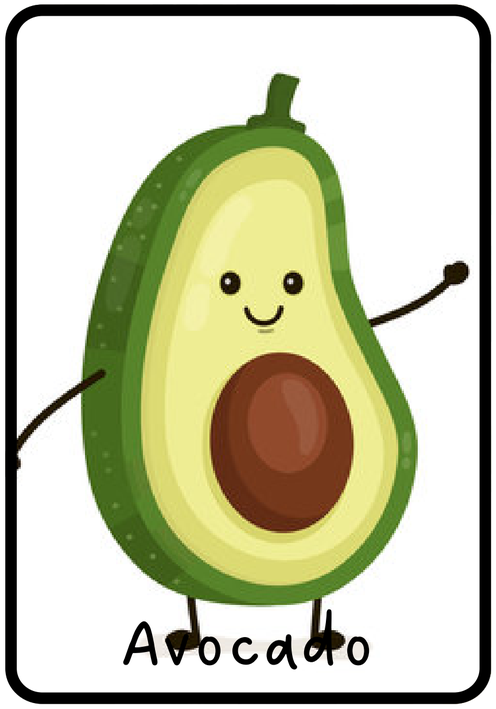
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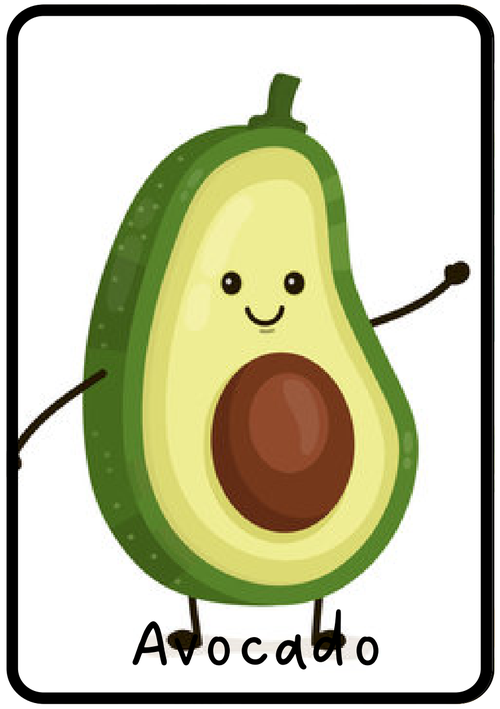
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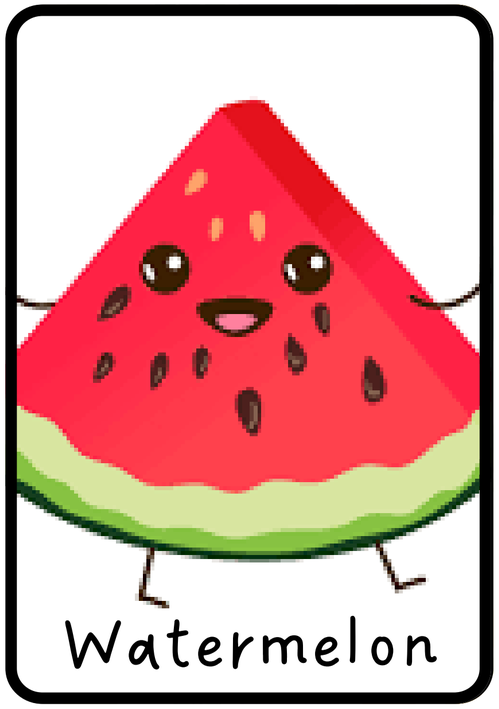
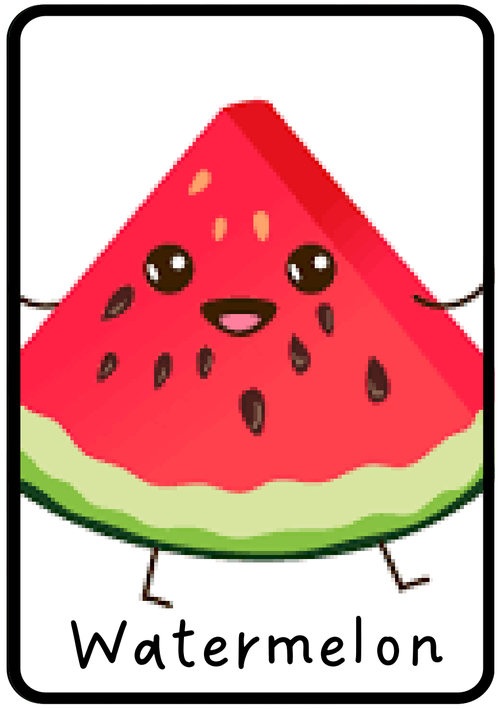
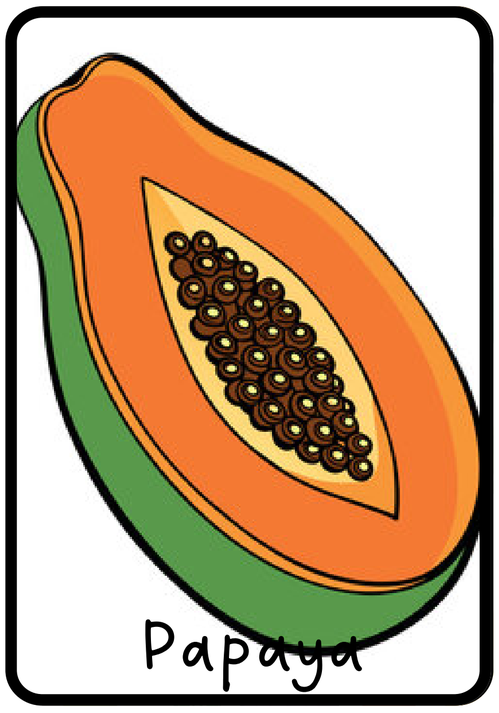

Watermelon


Watermelon


Orange


Orange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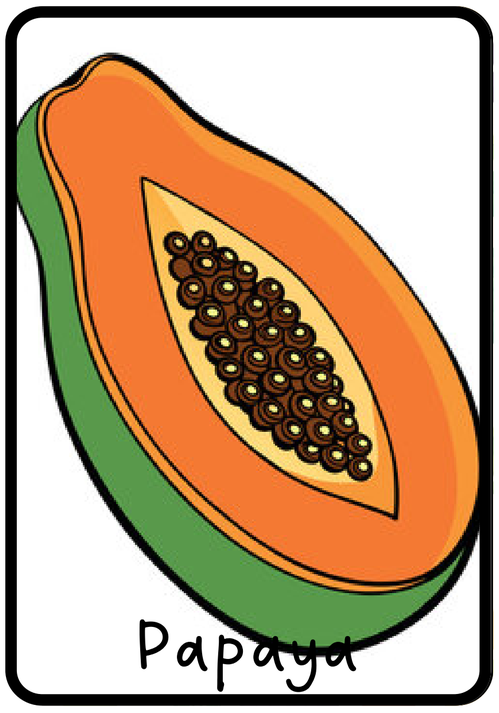
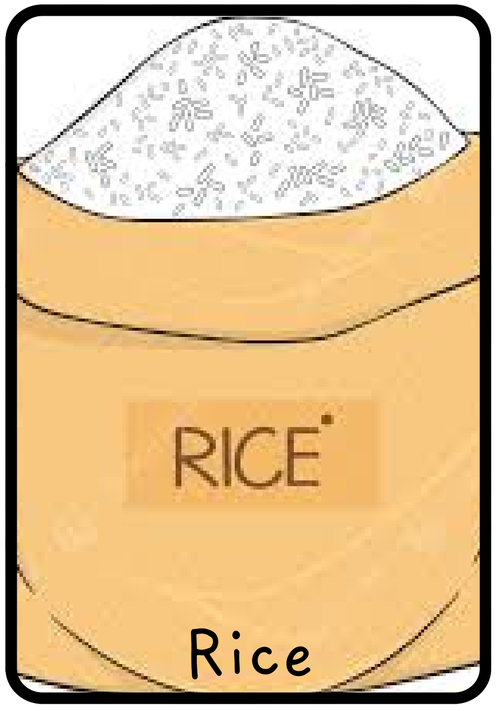
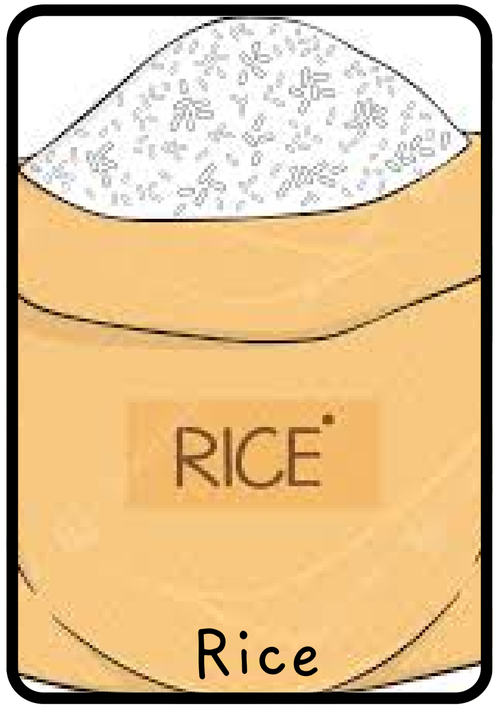

Papaya




RICE
Rice

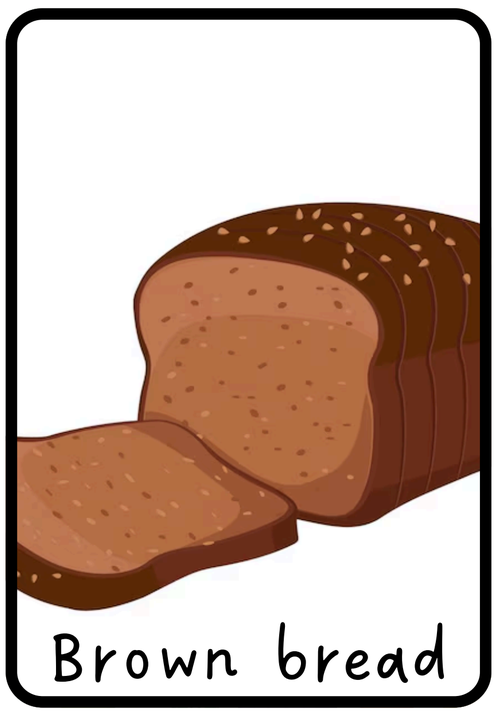

RICE
Rice


Ugali


Ugali


White bread


White bread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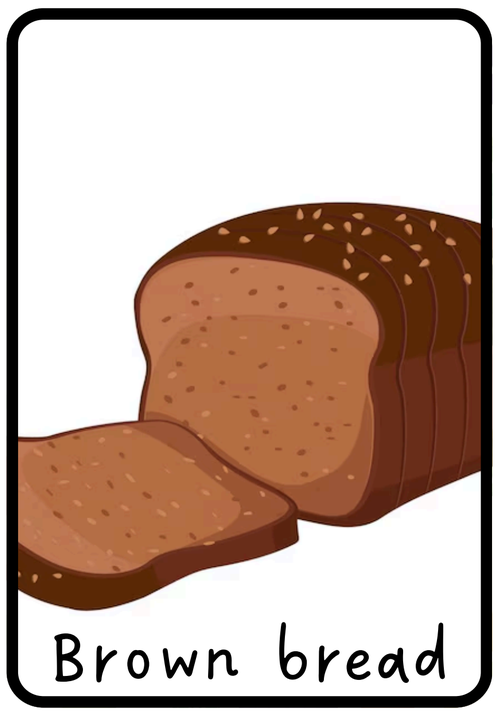
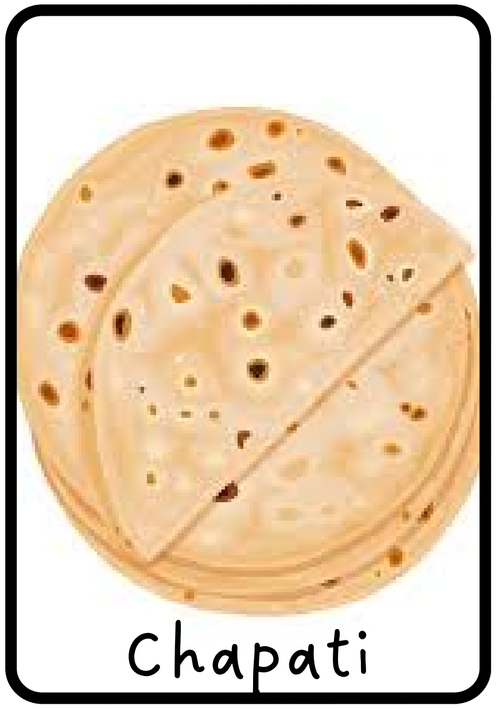

Brown bread

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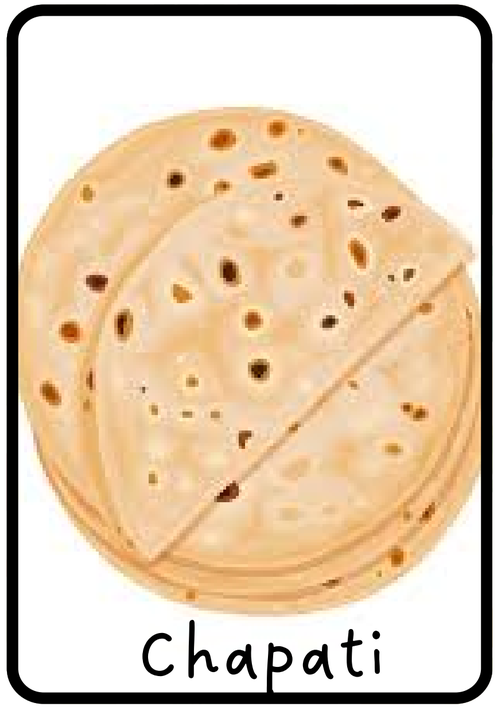
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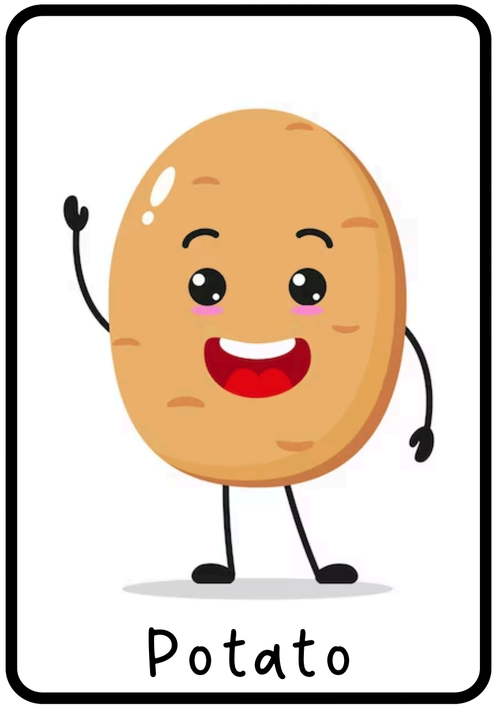
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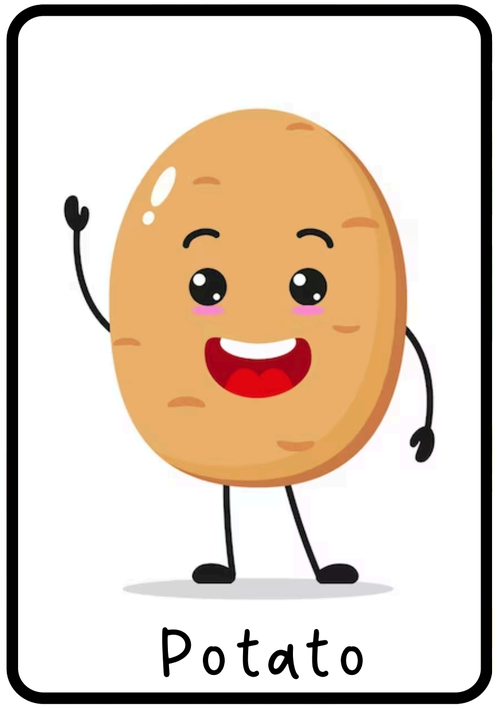
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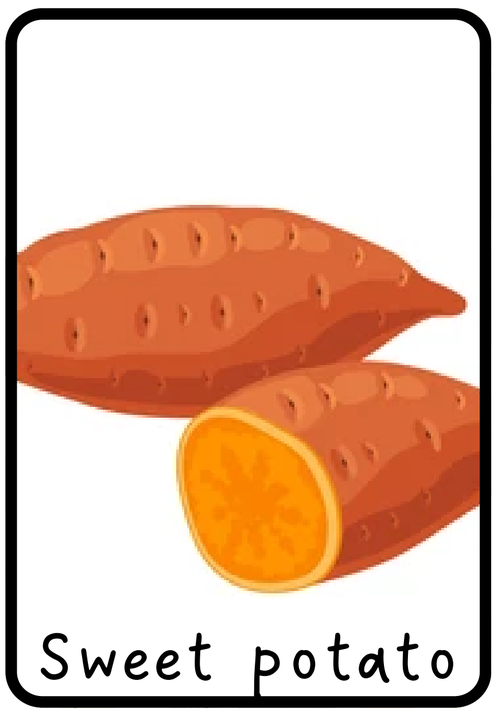
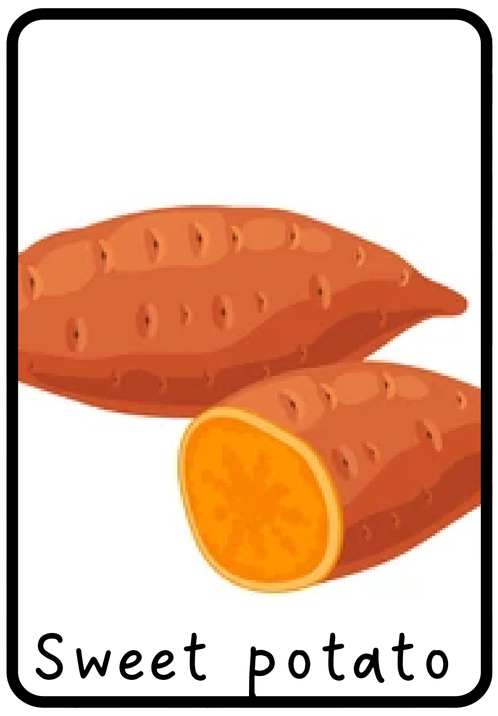

Sweet potato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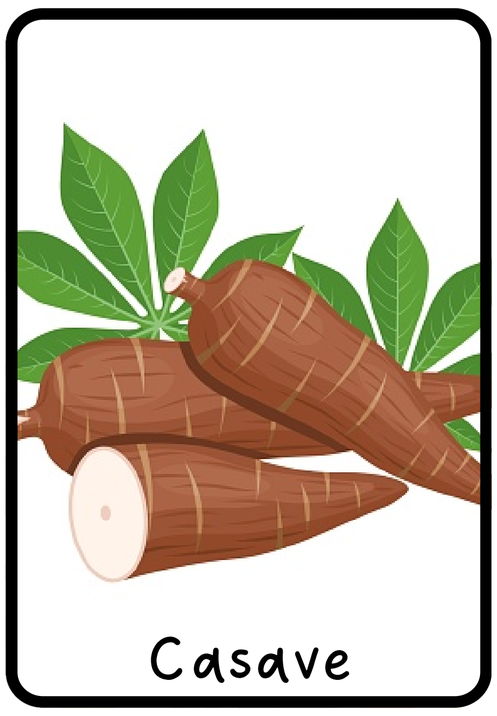
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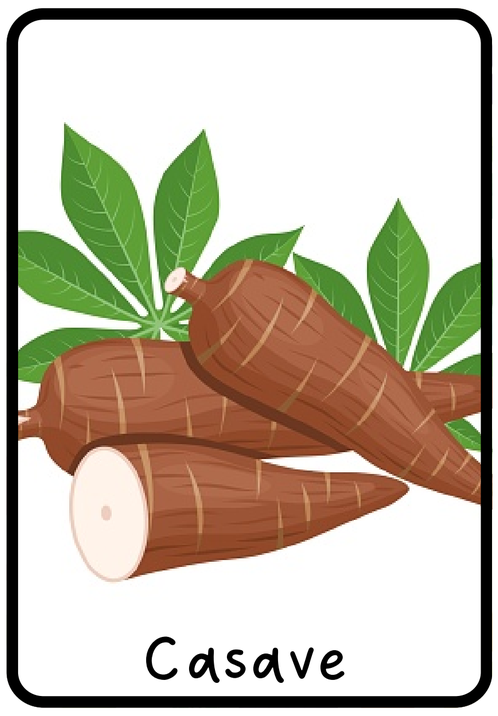
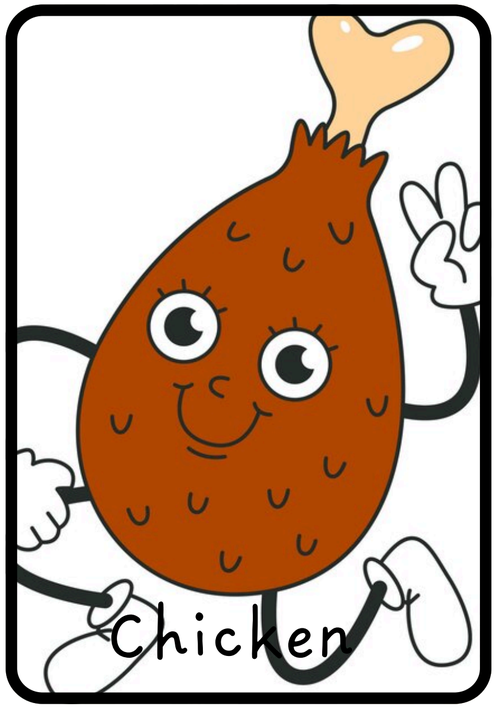

Casave




Fish


Egg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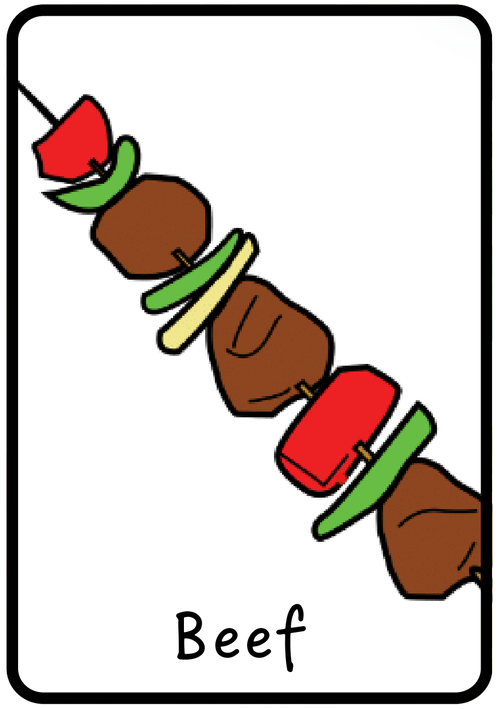
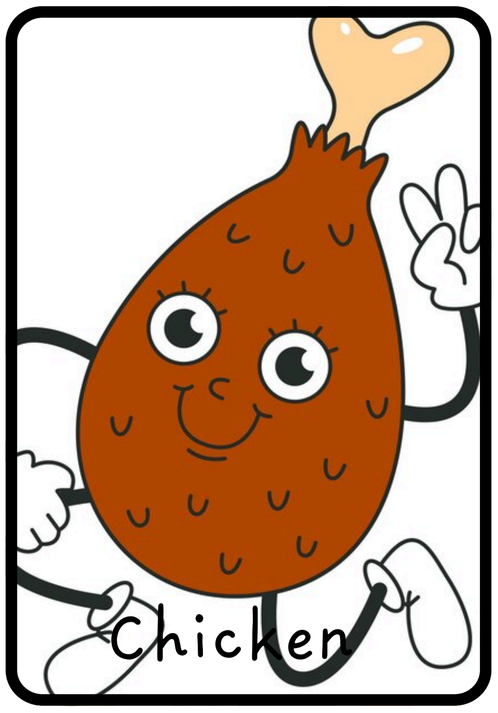

Beef


Fish


Egg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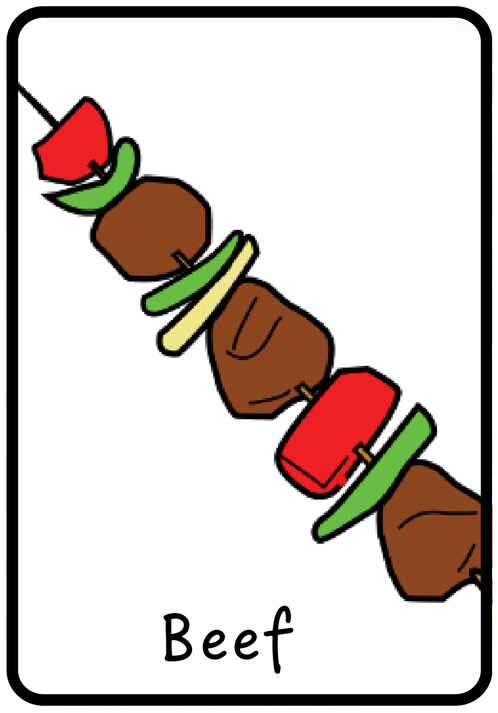
Beef

