

LOW FODMAP DIET FOOD GUIDE

LOW FORMER™

VEGETABLES

Vegetables are a crucial part of a healthy, balanced diet, but some of them can be problematic for low FODMAP dieters, as FODMAPs are often found in high amounts in certain vegetables.

For instance, asparagus contains fructans. If fructans, making it high FODMAP, eating large amounts of high FODMAP can worsen the symptoms of irritable bowel syndrome, such as bloating, gas, & abdominal pain. However, it's essential to remember that vegetables are a vital part of a healthy diet, so it's not necessary to eliminate them altogether. Instead, replace high FODMAP with low FODMAP vegetables on a multi-day diet while reducing the risk of digestive issues.

Some examples of low FODMAP vegetables that are safe to consume in moderation include: carrots, green beans, bell peppers, cucumber, butternut squash, zucchini, spinach, & mushrooms. Many vegetables are a great source of vitamins, minerals, & fiber making them beneficial to gut health. However, the portion sizes of these vegetables also matter when it comes to FODMAPs. To determine the appropriate portion sizes for your individual needs, it's recommended to consult a FODMAP-trained dietitian or use a FODMAP app that can help you track your FODMAP intake.

Overall, while some vegetables can be high in FODMAPs, you can still enjoy a variety of low FODMAP vegetables to maintain a healthy & balanced diet. With the help of a healthcare professional, you can find a balance between getting the nutrients your body needs & reducing your digestive discomfort.

- Asifafila
- Bamboo shoots
- Bean sprouts
- Beefsteak, canned & pickled
- Bok choy / Pak choy
- Broccoli, whole... 3/4 cup
- Broccoli, heads only... 5/4 cup
- Broccoli, stalks only... 1/3 cup
- Broccolini, whole... 1/2 cup chopped
- Broccolini, heads only... 1/2 cup
- Broccolini, stalks only... 1 cup
- Brussels sprouts... 2 sprouts
- Butternut squash... 1/4 cup
- Cabbage, common & red... 3/4 cup
- Carrots
- Celeriac
- Celery... less than 5cm of stalk
- Chicory leaves
- Chick peas... 1/4 cup
- Chilli... if tolerable
- Chives
- Choy sum
- Collard greens
- Corn / sweet corn... if tolerable
- & only in small amounts... 1/2 cob
- Courgette... 85g
- Cucumber
- Eggplant/ aubergine... 1 cup
- Fennel
- Green beans
- Green pepper... 1/2 cup
- Ginger
- Kale
- Leek leaves

- Lettuce: Butter, Iceberg, Radicchio
- Red coral, Rocket, Romaine/ Cos
- Marrow
- Okra
- Olives
- Parsnip
- Peas, snow... 5 pods
- Pickled gherkins
- Pickled onions... large
- Potato
- Pumpkin
- Pumpkin, canned... 1/4cup, 2.2oz
- Radish
- Red peppers / red bell pepper / red capsicum
- Spring onions, green part
- Silverbeet / chard
- Spaghetti squash
- Spinach, baby
- Spinach, english
- Squash
- Sun-dried tomatoes... 4 pieces
- Swede
- Swiss chard
- Sweet potato... 1/2 cup
- Tomato, canned... 3/5 cup
- Tomato, cherry... 5 cherries
- Tomato, common... 1 small
- Tomatillo, fresh... 1 cup
- Turnip... 1/2 turnip
- Water chestnuts
- Water Spinach
- Yam
- Zucchini... 65g

- © HIGH FIDELITY

- GARLIC
- AVOID ENTIRELY IF POSSIBLE
(Incl. garlic salt, garlic powder)
- ONIONS
- AVOID ENTIRELY IF POSSIBLE
(Incl. onion powder, small pickled onions.)
- Artichoke
 - Asparagus
 - Beetroots, fresh
 - Black-eyed peas
 - Broad beans
 - Butter beans
 - Cassava
 - Cauliflower
 - Celery
(greater than 5cm of stalk)
 - Fermented cabbage
(e.g. sauerkraut)
 - Leek bulb
 - Mange tout
 - Mixed vegetables
 - Mushrooms
 - Peas, sugar snap
 - Pickled vegetables
 - Savoy cabbage... over 1/2 cup
 - Soy beans
 - Split peas
 - Spring onion, bulb, white part
 - Shallots
 - Taro

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**COOKING
INGREDIENTS,
HERBS &
SPICES**

— They are an essential part of any delicious meal, but they can also be a source of high FODMAP ingredients. Onions & garlic are common ingredients in many recipes.

Herbs & spices can add flavor to dishes without adding high FODMAP ingredients. However, it's important to check the ingredients list of pre-made blends, as some may contain high FODMAP ingredients like onion powder.

- Spices: All spice, Black pepper, Cardamon, Chili powder (check ingredients, sometimes has garlic added), Chipotle chili powder, Cinnamon, Cloves, Curry powder, Five-spice powder, Onion, Parsley, Rosemary, Sage, Turmeric

- Herbs:
Basil, Bay leaf, Cardamom, Celery, Chives, Cilantro, Cumin, Dill, Garlic, Ginger, Mustard, Onion, Parsley, Ramps, Rosemary, Sage, Tarragon, Thyme
- Oils:
Avocado oil, Canola oil, Coconut oil, Olive oil, Peanut oil, Rice bran oil, Sesame oil, Soybean oil, Sunflower oil, Vegetable oil

- Alkal powder
- Asafoetida powder
(great onion substitute)
- Baking powder / Baking soda
- Cocoa powder / Cocoa powder
- Cream, 2 tablespoons
- Ghee, clarified butter ... 1 tbsp
- Gelatine
- Icing sugar
- Lard
- Mango Powder ... 1 tsp
- Nutritional yeast
- Salt
- Tahini, heated ... 30g

< LOW FOODMAP >

- **Spices:**
All spice, Black pepper, Cardamom, Chili powder (check ingredients, sometimes has garlic added), Chipotle chili powder, Cinnamon, Cloves, Curry powder, Five
- **Herbs:**
Basil, Bay leaf, Carrot, Dill, Oregano, Parsley, Roma, Rosemary, Sage, Fennel, Thyme
- **Oils:**
Avocado oil, Canola oil, Coconut oil, Olive oil, Peanut oil, Rice

THIS IS A SAMPLE SCREENSHOT

GI Diet Cheat Sheet

Mariza Snyder, Lauren Clum

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the authors' names.

GI Diet Cheat Sheet:

The GL Diet For Dummies Nigel Denby, Sue Baic, 2011-03-31 If you're sick of no carb diets or just looking for a healthy eating plan then the GL Diet is for you. No more calculations, no calorie counting and no more cravings for carbs as long as you stick to foods that are low in GL you can stay healthy and lose weight without having to go without. The GL Diet For Dummies explains the science behind the plan, helps you to incorporate GL into your everyday life and gives readers 80 recipes to try.

Your Cheat Sheet To The Glycemic Index Diet Anna Gracey, 2013-09-13 Your Cheat Sheet To The Glycemic Index Diet is a fantastic book that gives the reader the opportunity to learn the various effects that food has on the body. The thing is that many persons simply consume foods and do not really know how many carbohydrates they are consuming or how these carbohydrates have an effect on the level of sugar in the blood. They simply know that when they eat certain foods they tend to feel a certain way, whether it be energized or lethargic. The author has used the book as the medium to get the message across to many as to how the body works and the role that the Glycemic Index has to play and why in the long run it is beneficial to go on a Glycemic Index diet. It is a text that is easy to read and is a great resource for anyone seeking information on this particular diet.

The Cheat to Lose Diet Joel Marion, John Berardi, 2008-05-27 Burn Fat Faster with your favorite foods. Author fitness expert and Body for Life champion Joel Marion often found himself doing exactly what we all do when a diet simply isn't working: quitting. But through a series of diet screwups, Joel discovered a startling truth: cheating on your diet can actually accelerate fat loss. Here finally is a diet that works with your body to help you lose fat faster than restrictive dieting ever could. The Cheat to Lose Diet includes a simple weekly plan in which more carbohydrates are deliberately added with each passing day, leading up to the Cheat Day when you'll cheat BIG with all your favorite foods. Never again will you feel guilty for indulging in the foods you love because you'll learn that dietary cheating is absolutely vital to your success. This innovative new diet plan has already helped dieters around the world lose weight and keep it off so start cheating and losing today. Based on cutting edge medical research, The Cheat to Lose Diet reveals the hormonal connection between strategic cheating and fat loss that will change the way you diet forever.

Muscle Magazine International Healthy Mind and Body All-in-One For Dummies Gillian Burn, 2009-12-18 You're sluggish, unhappy and unfit. You want to change your ways but don't know where to start. Sound like you? With a little bit of motivation, it's possible to revamp your health starting right now, and this time-conscious mind and body bible contains all the tools and advice you need to get you started. Combining the best bits of eight top Dummies self-help titles, Healthy Mind Body All In One For Dummies has got kick starting your health covered from eating better and improving your nutrition to finding your nearest pilates class, being more active day to day and dealing with stresses at work or anxiety at home. You'll have bags more energy and a positive mental attitude to match. So what are you waiting for? Healthy Mind Body All In One For Dummies includes excerpts from the titles: Nutrition, The GL Diet, Fitness, Yoga, Pilates, Stress Management, Overcoming Anxiety, Overcoming

Depression FD Healthy Mind Body All In One For Dummies covers Book I The Importance of Your Health Chapter 1 Understanding the Elements of Healthy Nutrition Chapter 2 Exploring an Active Lifestyle to Boost Your Health Chapter 3 Examining Your State of Mind Book II Food and Nutrition Chapter 1 The Key Facts About Healthy Nutrition Chapter 2 Knowing What to Eat and What Not to Eat Chapter 3 Exploring How Food Affects Your Health Chapter 4 Taking a Look Inside the GL Diet Chapter 5 Incorporating the GL Diet into your Daily Life Book III Physical Health Chapter 1 Understanding the Benefits of Being Physically Active Chapter 2 Taking an Active Approach to Fitness Chapter 3 Exploring Types of Exercise to Suit Your Lifestyle Chapter 4 Why Yoga Can Help You Chapter 5 Stretching your Body Through Some Yoga Postures Chapter 6 Seeing What Pilates Can Give You Chapter 7 Giving Yourself the All Body Pilates Workout Book IV Mental Health Chapter 1 Acknowledging the Importance of Personal Well Being Chapter 2 Taking a Positive Approach to Depression Chapter 3 Discovering Techniques to Overcome Depression Chapter 4 Examining Anxiety in its Different Guises Chapter 5 Exploring How to Conquer Anxiety Chapter 6 Delving Into Stress Chapter 7 Managing Stress Proactively *Summary & Study Guide - The End of Diabetes* Lee Tang,2017-03-27 Prevent and Reverse Type 2 Diabetes No Drugs or Medicine Needed Includes Diet Cheat Sheet This book is a summary of The End of Diabetes The Eat to Live Plan to Prevent and Reverse Diabetes by Joel Fuhrman M D This book summarizes the key concepts of Dr Fuhrman s Eat to Live Plan to prevent and reverse diabetes It also includes a diet cheat sheet which is a concise summary of the dietary principles including a general guidelines b foods to eat daily c foods to eat in moderation and d foods to avoid Dr Fuhrman s Eat to Live Plan to prevent and reverse diabetes has been tested by thousands of individuals with extraordinary results If you take it seriously and follow the advice you ll see radical improvements in your health For Type 2 diabetes the program delivers No more highs and lows in blood sugar Less insulin the dosage is cut by half in the first week and totally eliminated within three to six months Healthy lean and stable body weight Normal life span without complications Reversal of diabetes and diabetes related complications For Type 1 diabetes the program delivers No more highs and lows in blood sugar Less insulin typically the dosage is cut by half Healthy lean and stable body weight Normal lifespan without complications If you want to end Diabetes read and apply what you learn in this book This guide includes Book Summary helps you understand the key concepts Online Videos cover the concepts in more depth Diet Cheat Sheet A concise summary of the dietary principles including a general guidelines b foods to eat daily c foods to eat in moderation and d foods to avoid Value added from this guide Save time Understand key concepts Expand your knowledge **Summary & Study Guide - The End of Heart Disease** Lee Tang,2017-03-29 Prevent and Reverse Heart Disease No Drugs or Medicine Needed Includes Diet Cheat Sheet This book is a summary of The End of Heart Disease The Eat to Live Plan to Prevent and Reverse Heart Disease by Joel Fuhrman M D This book summarizes the key concepts of Dr Fuhrman s Eat to Live Plan to prevent and reverse heart disease It also includes a diet cheat sheet which is a concise summary of the dietary principles including a general guidelines b foods to eat daily c foods to eat in moderation

and d foods to avoid By following this nutritional plan you will Lower and normalize your blood pressure and LDL cholesterol Lower your weight body fat and resolve diabetes type 2 Improve your immune function and help you age more slowly Stop Read and Take Action to Reverse Your Heart Disease This guide includes Book Summary helps you understand the key concepts Online Videos cover the concepts in more depth Diet Cheat Sheet A concise summary of the dietary principles including a general guidelines b foods to eat daily c foods to eat in moderation and d foods to avoid Value added from this guide Save time Understand key concepts Expand your knowledge

Outpatient Nutrition Care: GI, Metabolic and Home Nutrition Support Carol Ireton-Jones, 2023-11-13 As the number of patients receiving home care nutrition support increases proper assessment and management of this therapy is crucial and clinicians need to practice at an advanced level This second edition provides practical nutrition care information for professionals working with individuals outside of the hospital including registered dietitians nurses pharmacists and physicians It covers screening assessing and treating malnutrition outpatient nutrition care in diabetes cardiovascular disease gastrointestinal disease and home enteral and parenteral nutrition Each chapter describes the disease process as well as the management of the disease or therapy Key Features Presents practical information on proper nutrition care of individuals in the outpatient setting and those receiving home nutrition support New information on GI tests and procedures gastroparesis pancreatitis parenteral lipids and bariatric surgery Expanded chapter on short bowel syndrome and malabsorptive disorders Additional information on feeding options including an overview of oral oral supplements and enteral and parenteral nutrition Teaches the user additional information on disease processes as well as the management of the disease or therapy

The Prediabetes Diet Plan Hillary Wright, M.Ed., RDN, 2013-11-05 A practical empowering guide to managing and reversing prediabetes through diet and exercise from a registered dietitian now revised and updated for 2024 Affecting 96 million Americans prediabetes often develops into full blown type 2 diabetes one of the leading causes of death in the United States Increasingly diagnosed by doctors prediabetes is a condition in which blood sugar levels are elevated but not yet high enough to be labeled diabetes While diabetes cannot be cured prediabetes can be reversed so it is critical to take action at an early stage In straightforward jargon free language The Prediabetes Diet Plan explains insulin resistance the underlying cause of prediabetes and type 2 diabetes and offers a comprehensive strategy of diet and lifestyle change which has been proven more effective than medication With sections on meal planning grocery shopping dining out supplements and exercise this book empowers you to make healthier everyday choices that can effect real change on your insulin levels and overall well being

The PCOS Diet Plan, Second Edition Hillary Wright, M.Ed., RDN, 2017-05-02 An updated edition of registered dietitian Hillary Wright s popular book on nutrition and lifestyle management of PCOS this prescriptive guide focuses on using diet and exercise to manage polycystic ovary syndrome and has new information on diet therapy and exercise current food and fitness logging technologies and all new nutrition backed meal plans PCOS is the most common hormonal disorder among women of

reproductive age according to the Mayo Clinic Characterized by numerous small cysts in the ovaries PCOS affects up to 10 percent of all women and 14 million women in the United States alone It is linked to infertility diabetes heart disease and endometrial cancer While this disorder is believed to be genetic and incurable it is controllable In this prescriptive plan dietitian Hillary Wright demystifies the condition by explaining its underlying cause insulin resistance and helps readers understand how diet and lifestyle can influence reproductive hormones and decrease risk for diabetes heart disease and infertility This book is packed with simple dietary and nutritional specifics day to day strategies sample meal plans and shopping and snack lists Updates include new information on diet therapy and exercise the newest research on PCOS and soy and dairy revised meal plans and updated resources and shopping lists The PCOS Diet Plan is the most comprehensive and authoritative guide to managing this increasingly diagnosed condition **The Green Smoothies Diet** Robyn

Openshaw,2009-08-25 A cookbook from The Green Smoothie Girl with juice and smoothie recipes that capture the nutritious superfood benefits of fruits and vegetables Looking for a quick flavorful and nutritious way to stay youthful and healthy The Green Smoothies Diet provides the perfect solution Green smoothies are the best way to power up your body and supercharge your health in just minutes a day Packing a tasty nutrient filled punch in every sip these ultrahealthy smoothies pair leafy green vegetables with delicious antioxidant rich fruits Discover how green smoothies help you Lose Weight Detoxify the Body Increase Energy Fight Heart Disease Prevent Diabetes Certain Cancers Boost the Immune System Make Skin and Hair Beautiful Features easy to make recipes like Rad Raspberry Radicchio Black Kale Blackberry Brew Red Pepper Mint Julep Grapefruit Cilantro Booster Big Black Cabbage Cocktail **The John Hopkins Textbook of Dyslipidemia** Peter O. Kwiterovich,2012-03-28 The first comprehensive text on dyslipidemia from a major academic institution this book covers all aspects of dyslipidemia as it relates to human disease including coronary artery disease cerebrovascular disease peripheral vascular disease and pancreatitis The material is presented in a clinician friendly format and includes references for additional reading Reflecting current guidelines from the National Cholesterol Education Program the book explains why when and how to treat dyslipidemia Coverage includes dietary treatment drug treatment and recommendations for special populations such as patients with coronary heart disease patients at high risk for coronary heart disease patients with diabetes women older adults young adults and racial and ethnic groups **Obesity** Debasis Bagchi,Harry G.

Preuss,2012-07-06 The World Health Organization WHO has declared obesity a global epidemic Its prevalence has more than doubled since 1980 causing a myriad of health problems for children and adults Obesity Epidemiology Pathophysiology and Prevention Second Edition explores the molecular mechanisms and pathophysiology leading to obesity and metabolic disorder

The Antioxidant Counter Mariza Snyder,Lauren Clum,2011-02-08 Offers antioxidant scores for more than two hundred foods as well as a diet plan and fifty antioxidant rich recipes **The Pegan Diet** Dr. Mark Hyman,2021-02-23 Twelve time New York Times bestselling author Mark Hyman MD presents his unique Pegan diet including meal plans recipes and

shopping lists For decades the diet wars have pitted advocates for the low carb high fat paleo diet against advocates of the exclusively plant based vegan diet and dozens of other diets leaving most of us bewildered and confused For those of us on the sidelines trying to figure out which approach is best has been nearly impossible both extreme diets have unique benefits and drawbacks But how can it be we've asked desperately that our only options are bacon and butter three times a day or endless kale salads How do we eat to reverse disease optimal health longevity and performance How do we eat to reverse climate change There must be a better way Fortunately there is With The Pegan Diet's food is medicine approach Mark Hyman explains how to take the best aspects of the paleo diet good fats limited refined carbs limited sugar and combine them with the vegan diet lots and lots of fresh healthy veggies to create a delicious diet that is not only good for your brain and your body but also good for the planet Featuring thirty recipes and plenty of infographics illustrating the concepts The Pegan Diet offers a balanced and easy to follow approach to eating that will help you get and stay fit healthy focused and happy for life

Burn Fat Fast Patrick Holford, Kate Staples, 2013-06-06 Burn Fat Fast is quite simply the easiest healthiest and most effective way to lose weight Alternate day dieting which involves taking in a very low amount of calories on alternate days is all the rage this diet takes it to a whole new level In this book Patrick Holford outlines how by combining elements of alternate day fasting with a low glycemic load GL diet you can lose fat fast without going hungry or compromising your health For those new to the low GL diet it is a way to keep your blood sugar even Why do this Because if your blood sugar level resembles a rollercoaster ride you'll have a lot of insulin in your system and insulin is the fat storing hormone In Burn Fat Fast you'll find Simple easy to follow guidelines on how the diet works An outline of what to eat and what to avoid on both phases of the diet Guidance on fitting the diet into your lifestyle A short highly effective fat burning exercise routine developed by former Gladiator and Olympic athlete Kate Staples And if you need any more encouragement consider this as well as encouraging the storage of fat insulin promotes disease and ageing so by combining a low GL diet with alternate day fasting you will not only lose fat fast but also improve your health and longevity

Aging Well with Diabetes Medha Munshi, Sheri Colberg, 2025-04-29 An essential guide to navigating diabetes for older adults and their caregivers In Aging Well with Diabetes Dr Medha Munshi and Dr Sheri Colberg provide practical advice to redefine living with diabetes in later life As experts in geriatric care and diabetes management they introduce a clear and accessible 10 step action plan to help you manage diabetes effectively while enhancing your overall vitality and independence Each step in the action plan is detailed with achievable goals making it a crucial toolkit for anyone living with diabetes or caring for someone who does The authors discuss Comprehensive health management including dietary adjustments physical activity medication management and more How aging and diabetes interact detailing the physiological changes and challenges that come with managing diabetes at an older age The diversity of experiences among older adults with diabetes and the importance of personalized treatment plans Practical tips and strategies such as modifying exercises to prevent falls and dietary tips that

accommodate older digestive systems Guidance for caregivers and health care providers on how to support older adults with diabetes Whether you re newly diagnosed or a long time diabetic this guide will empower you to take control of your health and manage your diabetes with confidence and grace as you age *The Juice Fasting Bible* Sandra Cabot,2007-07-28 This book combines two hot trends drinking healthy juice and detoxing The author offers background on the health benefits and important aspects of juice fasting but the focus of the book is tasty healthy juice recipes and the various fast energy boost weekend detox rejuvenation fast and deep cleanse fast *The Building Blocks of Life* TC Callis,2023-03-28 Within the United Kingdom UK most mainstream healthcare practitioners receive little or no nutrition education during their years of training As a consequence the understanding of nutrition amongst primary care practitioners such as general practitioners pharmacists midwives and practice nurses is limited and is largely focused on energy consumption and obesity There is little knowledge of the wealth of micronutrients that underpin health nor of the ticking timebomb of insufficient intakes of those micronutrients amongst a significant proportion of the population in the UK *The Building Blocks of Life A Nutrition Foundation for Healthcare Professionals* is a step towards redressing that balance It sets out an informative and engaging narrative on how and why nutrition is the basis for good health It discusses UK specific issues with regards to diet and intakes of vitamins minerals essential fatty acids and other micronutrients It also raises concerns about the potential negative health implications of the generally poor UK diet and suggests ways that healthcare practitioners can support patients in improving their long term health outlook Nutrition policy in the UK needs to be dragged into the 21st century and this book sets out evidence based arguments which challenge current public health myths such as the idea that 10 micrograms of vitamin D is all anyone needs or the messaging around the consumption of saturated fat vs highly processed seed oils or that everyone can get all the nutrients they need from a varied and balanced diet Although *The Building Blocks of Life A Nutrition Foundation for Healthcare Professionals* focuses on concerns around poor diet and the consequent micronutrient inadequacies in the UK the nutritional detail is relevant no matter where you are in the world Everyone eats all the time It is time that mainstream medicine looked towards food as both a cause and a solution to many of the chronic degenerative conditions that plague modern life **The Complete Master Cleanse** Tom Woloshyn,2007-07-28 A comprehensive guide to cleansing and detoxing the body and maximizing the amazing results of the Master Cleanse Diet The Lemonade Diet is simple and powerful The recipe takes only minutes to learn and when done correctly the cleanse is surprisingly easy and completely safe But there s more to it than just drinking the lemonade mixture *The Complete Master Cleanse* offers a step by step program that unleashes the full power of the Master Cleanse and all its health benefits Tom Woloshyn shares the amazing results helpful information and insightful tips he s gained from personally coaching thousands of people on the best way to follow The Lemonade Diet Much has been learned about detoxing since the Master Cleanse was first developed over thirty years ago and this up to date book explains clearly how and why cleansing can improve all aspects

of your personal health including Increasing Energy Balancing Your Body's pH Losing Weight Reducing Swelling and Pain
Alleviating Allergies Flushing the Colon Improving Skin and Hair Ridding Your Body of Parasites *The Acne-Free Diet*
Plan: 30 Days to Clearer Skin Dean R. Goodless, 2005-06-08 A precise yet concise review and handbook of nearly every
clinical study involving the effect of diet on acne A useful tool for the acne sufferer who wonders was it something I ate

Embark on a breathtaking journey through nature and adventure with Explore with is mesmerizing ebook, **GI Diet Cheat Sheet** . This immersive experience, available for download in a PDF format (Download in PDF: *), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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