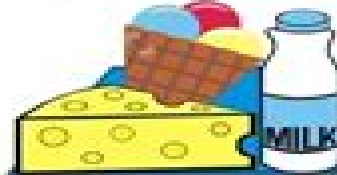


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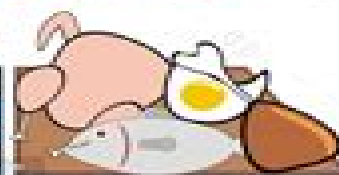
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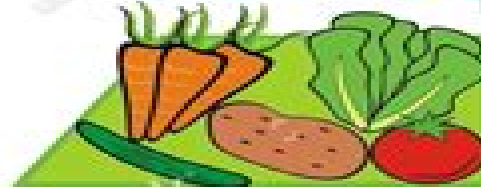
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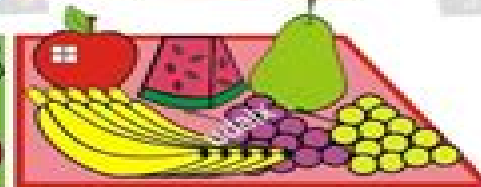
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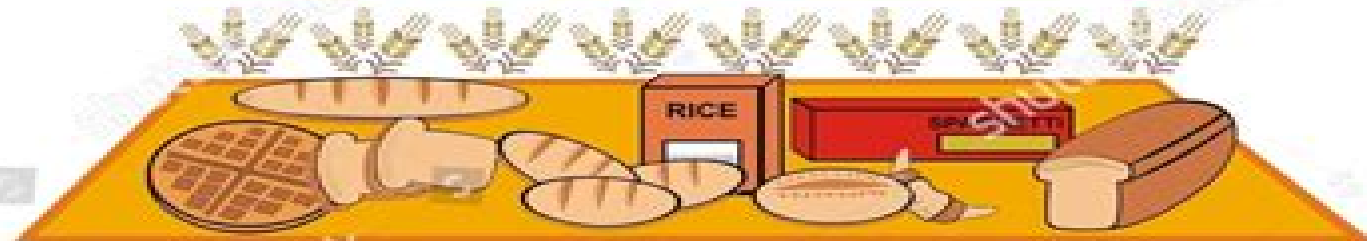
Vegetable
Group



Fruit
Group



Grain
Group



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K Payea



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Nutrition Paul M. Insel, R. Elaine Turner, Don Ross, 2004 Nutrition is unique in its behavioral approach challenging students to actively participate not just memorize the material Offering a balanced coverage of behavioral change and the science of nutrition Physical Activity and Health Kelli McCormack Brown, David Q. Thomas, Jerome Edward Kotecki, 2002 This book focuses on the interconnectedness of health and being physically alive

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