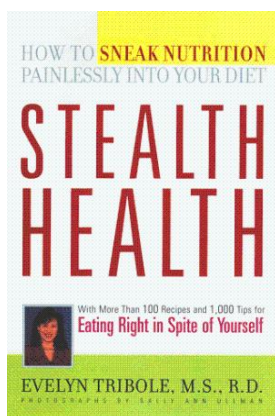


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- Authored by Evelyn Tribole, M.S., R.D.
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