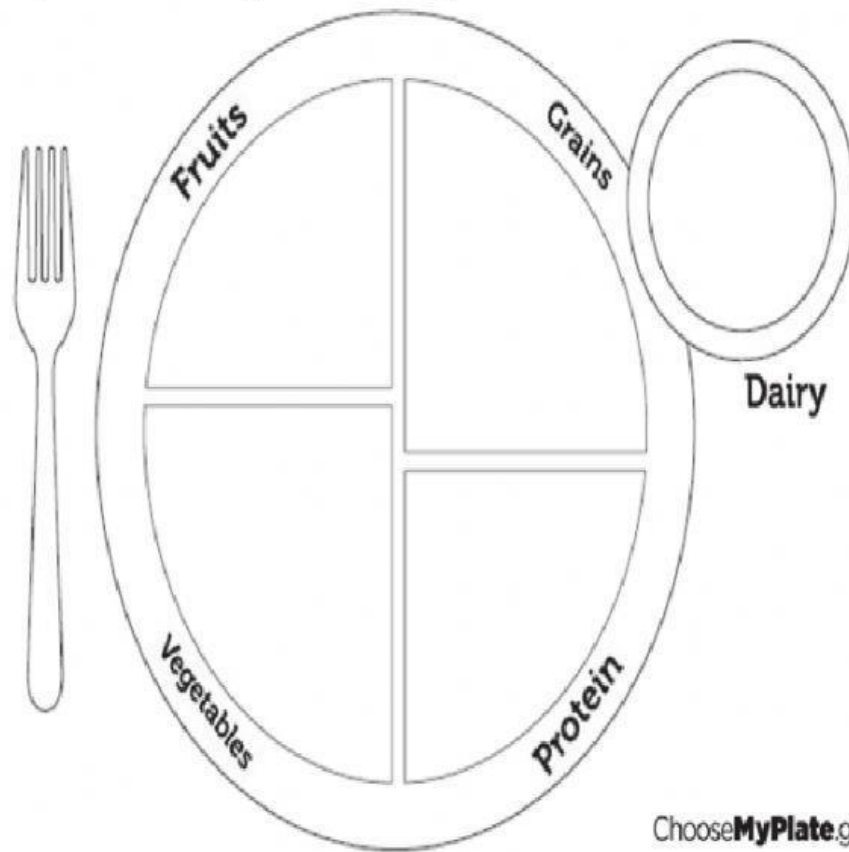


Today, I learned how much of each type of food I should be eating!



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Protein



Carbohydrate



Dairy