Vegetables	BMI	Dietary Fiber	Nutrition	Grain
Cholesterol	Sodium	Meat	Calcium	Serving
Calories	Fibre	**FREE**	Folic Acid	Saturated Fat
Fruit	Minerals	Exercise	Iron	Energy
Carbohydrate	Cardiovascular	MSG	Dairy	Metabolism

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Vitamin A	Protein	Minerals	Meat	Saturated Fat
Carbohydrate	Cardiovascular	Metabolism	Iron	Cholesterol
MSG	Calcium	**FREE**	Fibre	BMI
Grain	Vegetables	Vitamin C	Dairy	Calories
Nutrition	Diet	Folic Acid	Dietary Fiber	Exercise

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MSG	Cholesterol	Minerals	Metabolism	Diet
Calcium	Vitamin C	Dietary Fiber	Vitamin A	Unsaturated Fat
Dairy	Saturated Fat	**FREE**	Fruit	Nutrition
BMI	Cardiovascular	Iron	Folic Acid	Fats
Vegetables	Calories	Serving	Carbohydrate	Sodium

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