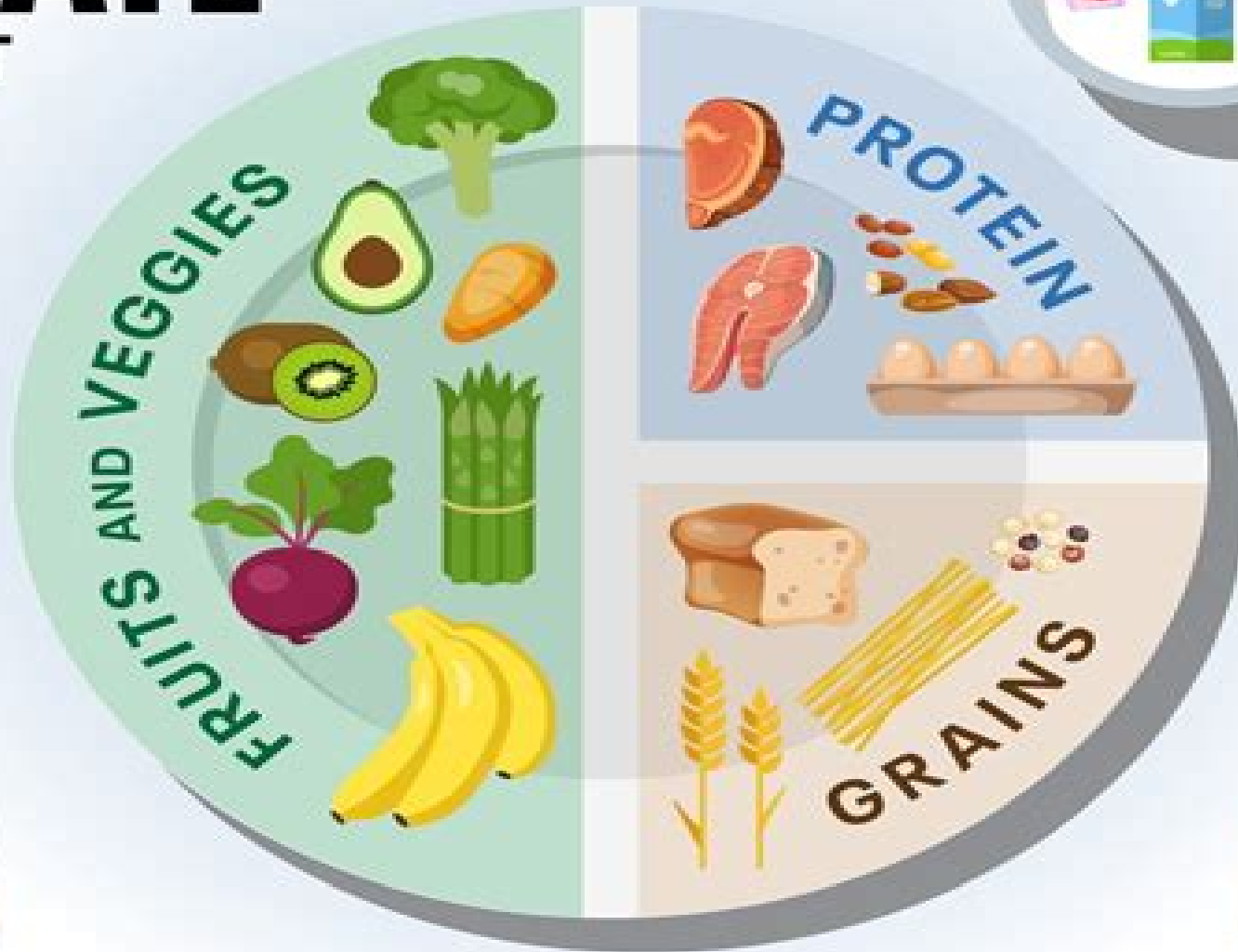


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# Plate Method Food And Diet Guide

**Siddappa N.Byrareddy**



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