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- AVOCADO
- CHIA
SEEDS

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- MILK
- BANANA
- MANGO
- GINGER
- TURMERIC

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- MILK
- GREEK
YOGURT
- RASPBERRIES
- BANANA

CARROT CINNAMON

- MILK
- BANANA
- CARROTS
- CINNAMON
- CHIA SEEDS

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UPDATED full color illustrations include additional clinical photos as well as food source photos in the micronutrient chapters

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