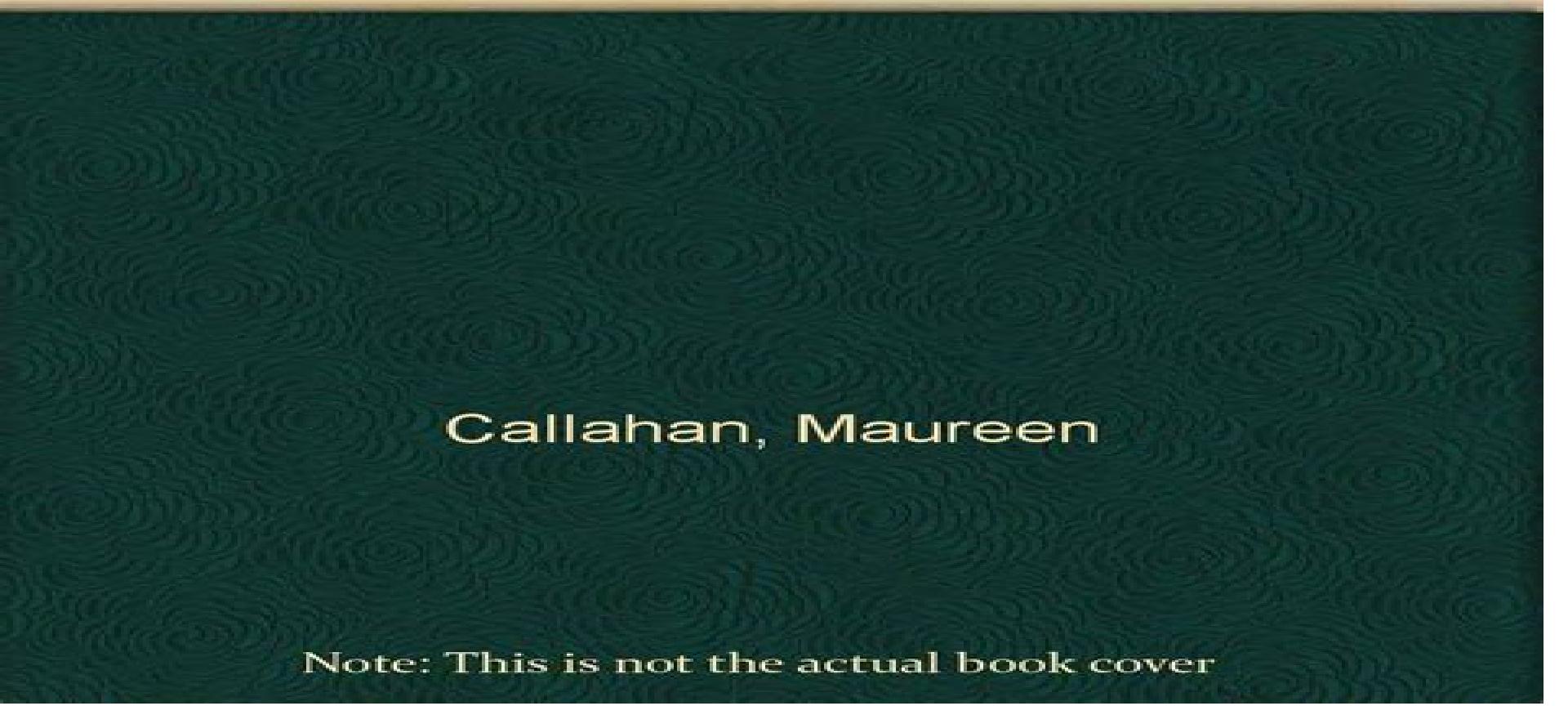




# Skimming the Fat: A Practical Food Guide



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# Skimming The Fat A Practical Food Guide

**Mike Jess**

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