



The background image shows a woman with long, wavy brown hair, seen from the back, looking into an open refrigerator. The refrigerator is filled with various fresh produce, including broccoli, tomatoes, mushrooms, corn, carrots, bananas, and a bottle of milk. The produce is arranged on shelves, and the woman's hand is visible near the bottom right corner of the frame.

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# The Essentials Of Nutrition

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