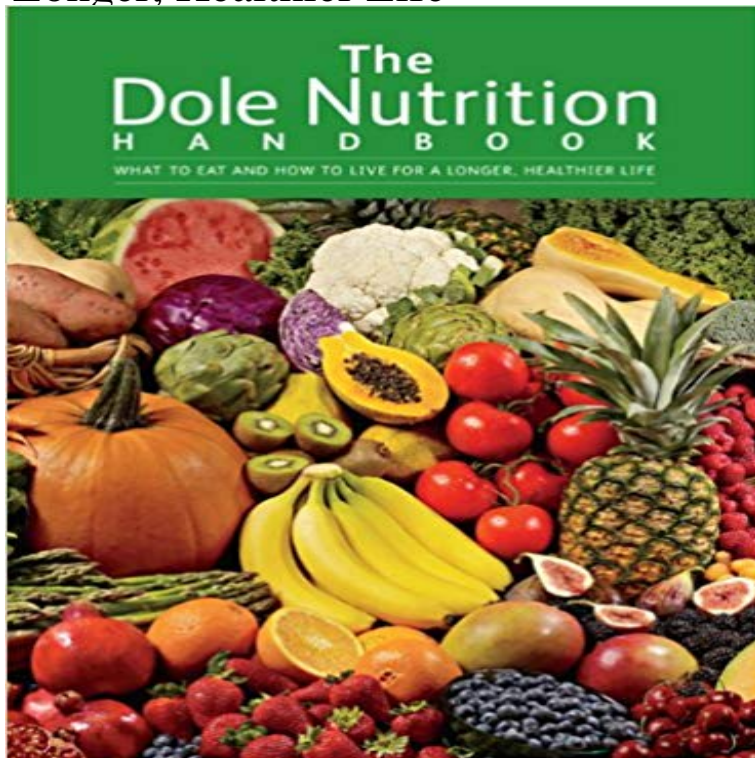


The Dole Nutrition Handbook: What To Eat and How To Live for a Longer, Healthier Life



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