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Day Of Eating) Classical Music for Reading - Mozart, Chopin,  
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4 steps to putting together a nutrient management plan ...  
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How to Understand and Use the Nutrition Facts Label | FDA

The main types include, vitamin A, vitamin C, calcium, and iron. Vitamin D and potassium also are important. Talk to your doctor about what vitamins and minerals you need and how much. Others nutrients are bad for you and should be eaten less.

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Nutrition Facts: A guide to food labels - Mayo Clinic

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