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Healthy Plate . Fill ¼ Of The 9-inch Plate With LEAN PROTEIN CHOICES (about 3 Ounces Cooked Or The Size Of A Deck Of Cards). O Examples Of Protein Foods

Include Seafood, Beans, Peas, And Nuts, As Well As Lean Meats, Poultry, And Eggs. Limit To One Egg Per Day. 2th, 2024.

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Mr. Pollan Also Wrote A New York Times Letter To President-Elect Obama On The President's Role As Farmer-in-Chief. Thank You For Joining Us Today, Michael. [Michael Pollan] You're Welcome, Julie. Good To Be Here. 2th, 2024.

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