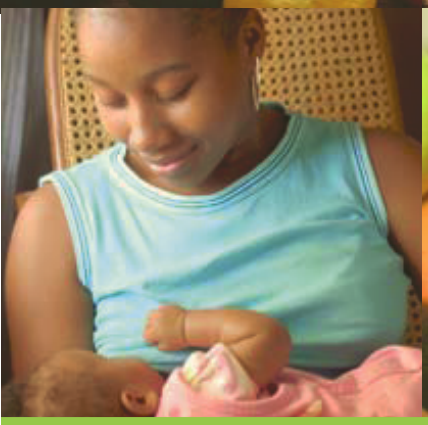

California Food Guide:

Fulfilling the Dietary Guidelines for Americans

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