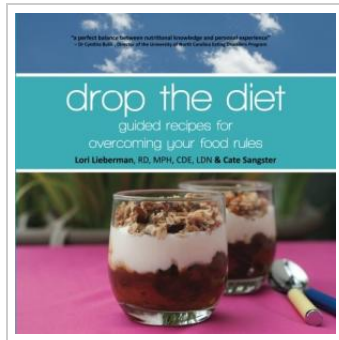



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By Cate Sangster, MPH, CDE, LDN, Lori Lieberman RD

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