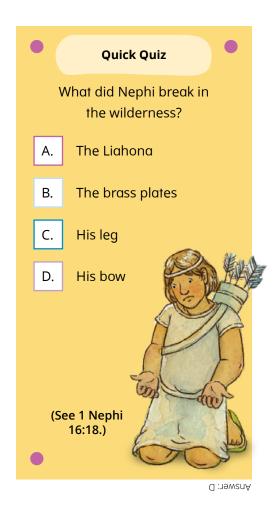
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Healthy Tip

Whole grains help you feel full and energized much longer than sugary treats, cereals, and white bread.

