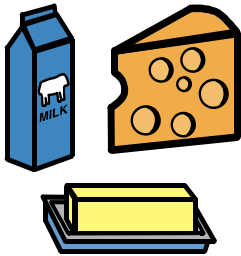
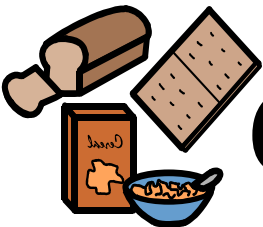


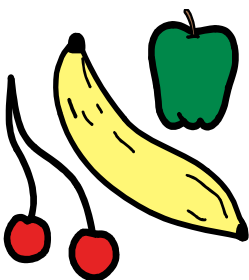
proteins



dairy



carbohydrates



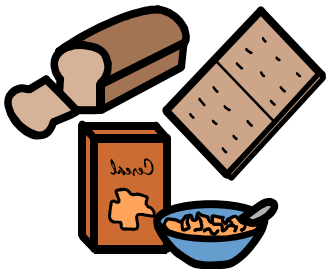
fruit



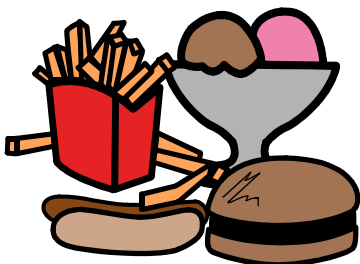
vegetables



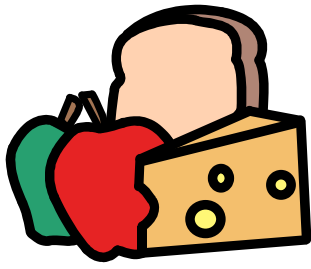
sugars



starches



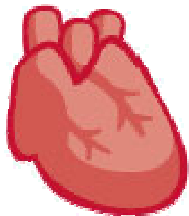
fats



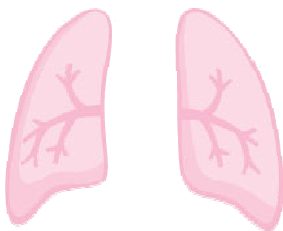
diet



balanced diet



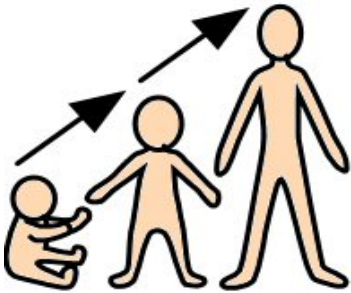
heart



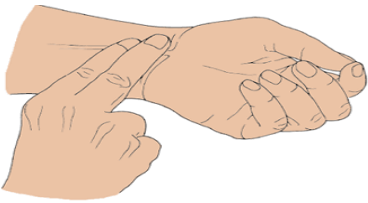
lungs



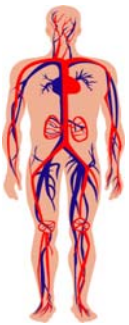
exercise



growth



pulse



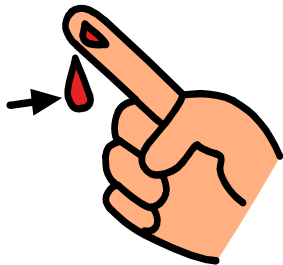
circulation



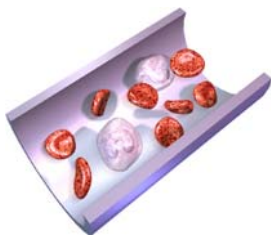
muscles



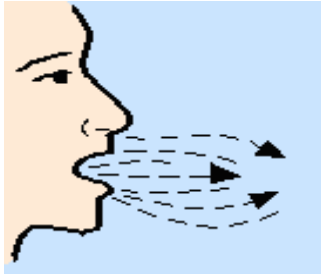
pulse rate



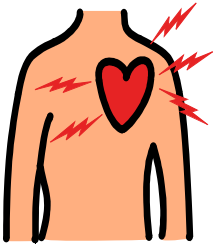
blood



blood cells



breathe



heart beat

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