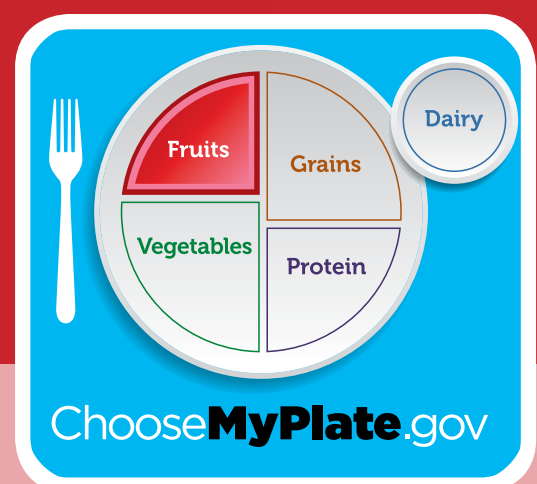


# Focus on fruits.



- Eat a variety of fruit
- Choose fresh, frozen, canned or dried fruit
- Go easy on fruit juices

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