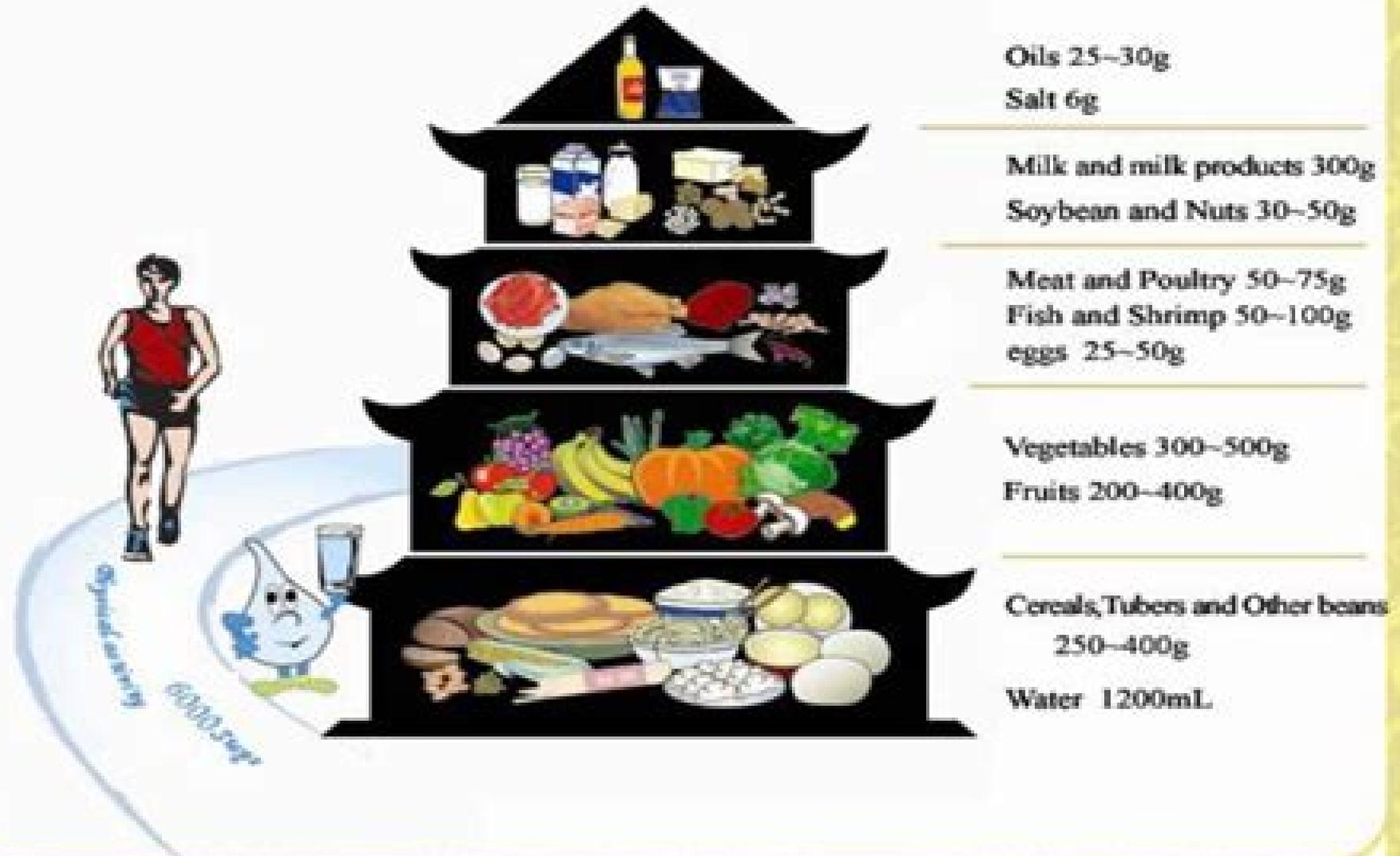


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# Chinese Food Pyramid Guide

**Annelies Wilder-Smith**



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