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| --- | --- | --- |
| Nutrient  Nutrient Group | Function | Foods: list 6 |
| Nutrient  Nutrient Group | Function | Foods: list 6 |
| Nutrient  Nutrient Group | Function | Foods: list 6 |
| Nutrient  Nutrient Group | Function | Foods: list 6 |
| Nutrient  Nutrient Group | Function | Foods: list 6 |
| Nutrient  Nutrient Group | Function | Foods: list 6 |

**Nutrients -- Their Function & Foods to Eat**