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Base Of Pyramid: Physical Activity And Social Interaction (dancing, Sports, Sharing Meals) Next Level Of Pyramid: Foods That Should Be Eaten Every Day (whole Grains, Fruits, Vegetables, Legumes (lentils, Dried Peas, And Beans), Seeds, Herbs, Nuts, Spices, And Healthy Fats Such As Olive Oil And Avocado) T 2th, 2024.

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