***TO EAT OR NOT TO EAT***

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***HEALTHY vs. HARMFUL***

Ok to Eat Toxic

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Apples Milk Almonds

Bananas Oranges Apple Seeds

Blueberries Peaches Apricot Pits

Broccoli Peanut Butter Asparagus

Brussel Sprouts Pears Avocado

Cantaloupe Peas Cherries

Carrots Pineapple Cherry Pits

Celery Pork Cinnamon

Coconut Pumpkin Garlic

Corn Quinoa Grapes

Cranberries Raspberries Ice Cream

Cucumbers Salmon Macadamia Nuts

Eggs (raw) Strawberries Mushrooms

Fish Tuna Onions

Grains Turkey Tomatoes

Green Beans Watermelon Walnuts

Honey Wheat Yeast Dough

Mango Yogurt

 