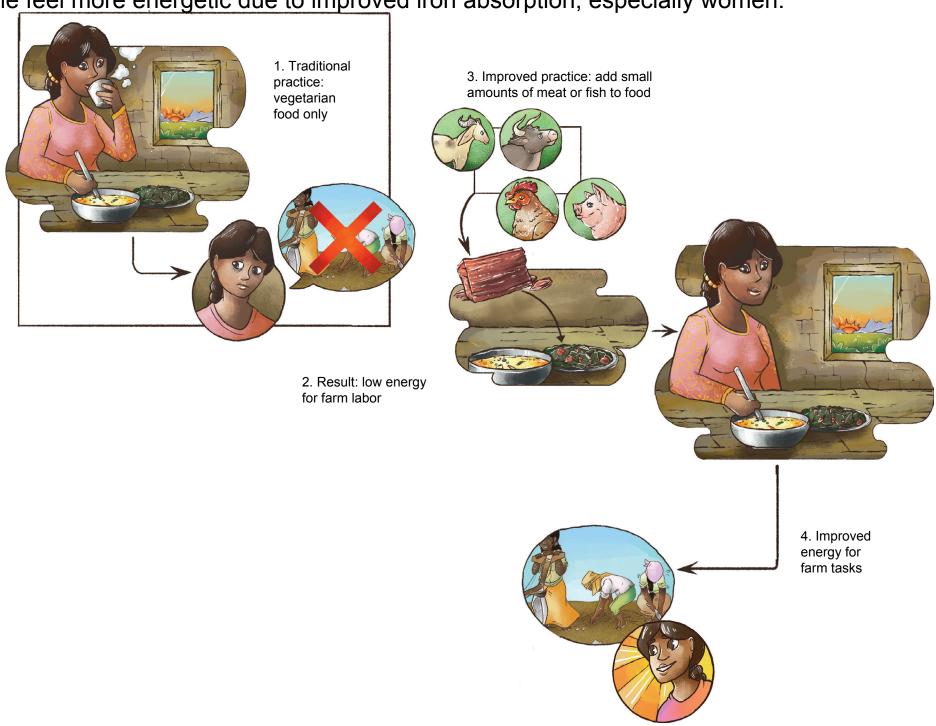
Lesson: Adding small amounts of meat or fish to vegetarian food (if beliefs permit) will make people feel more energetic due to improved iron absorption, especially women.



10.2

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