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Nuts

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Nuts

Matthew Bartlett

They taste great.
Adding taste and texture,
From sweets to salads,
Cereal to stir-fries.

Rich in nutrients and fiber,
Just 160 calories,
Vitamin E
Magnesium and calcium,
Mono-unsaturated fat,
Potassium, phosphorus, and iron,
Clear nutrient winners.

Heart-healthy,
Cholesterol-free,
Great plant source of protein.

Be a health nut!