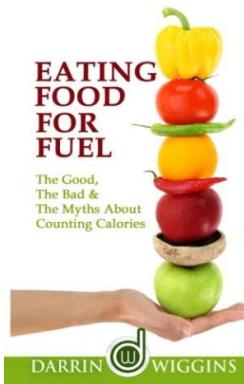


## Eating Food for Fuel - The Good, the Bad the Myths about Counting Calories



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