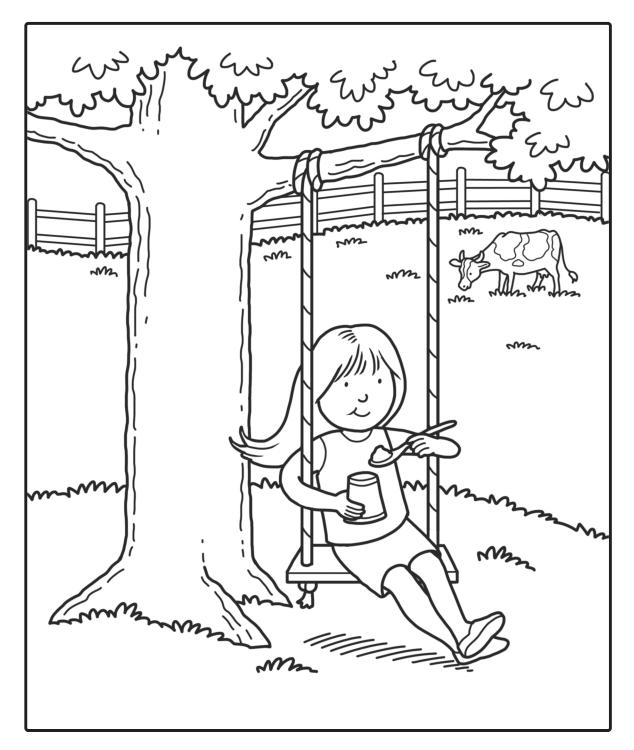
Yogurt.





Switch to fat-free and

low-fat (1%) dairy (



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