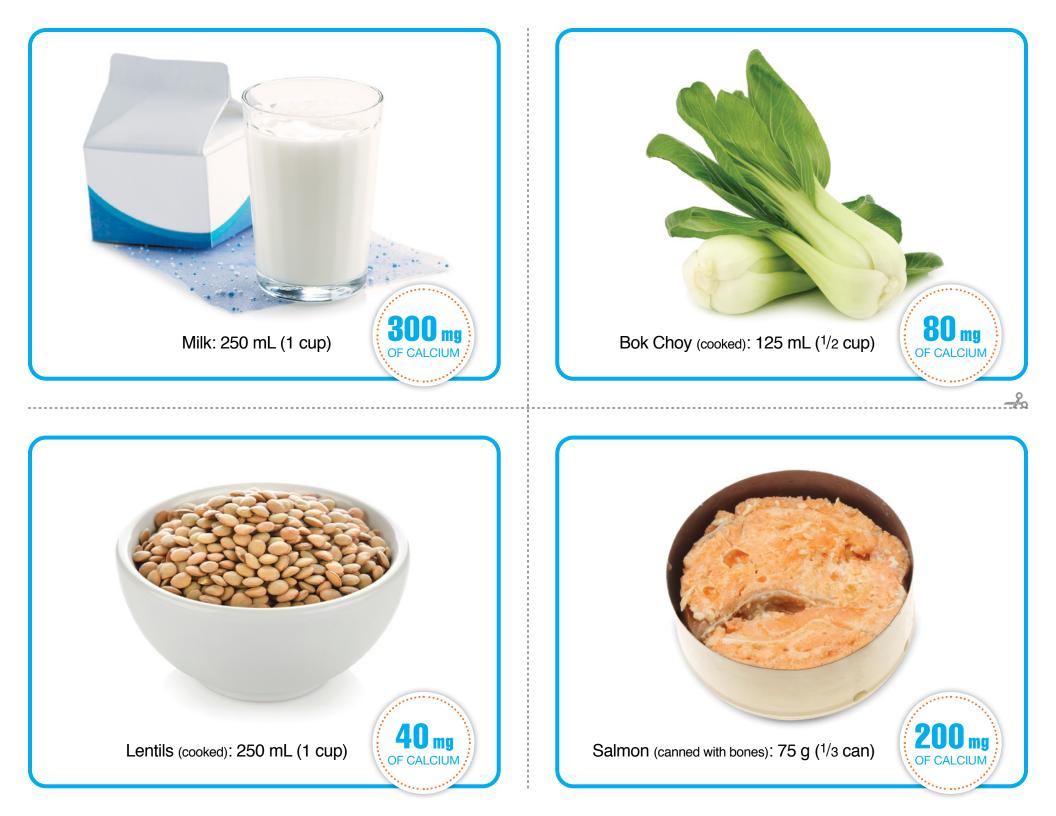


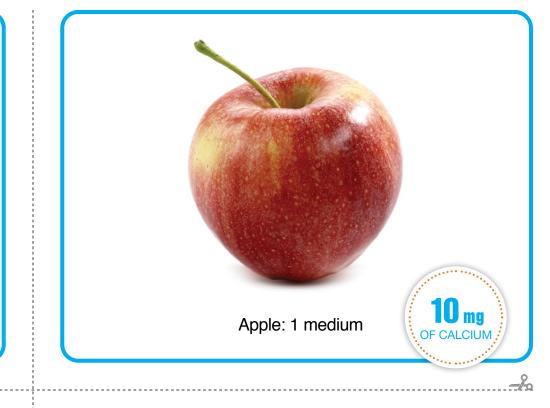
1 Whole Wheat Bagel: 105 g

50 mg

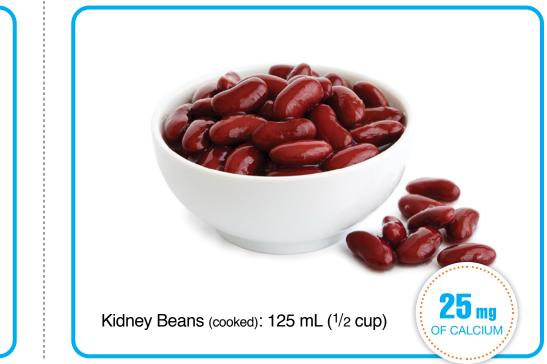
Eggs (cooked) : 2 large

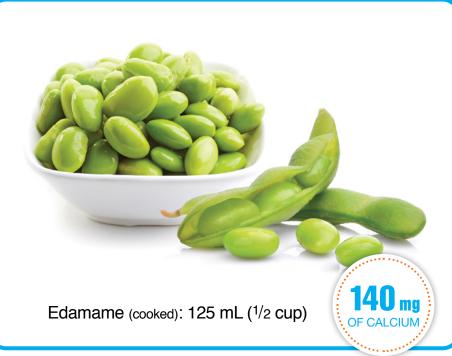
50 mg



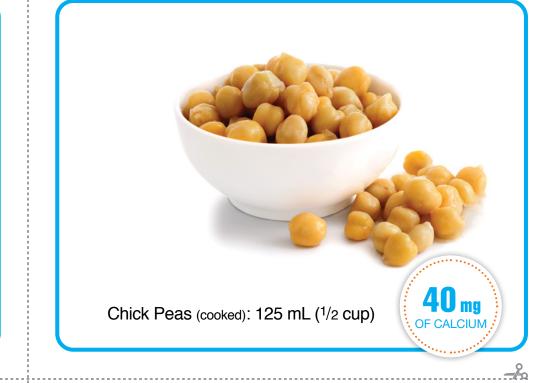


















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