

Stargold's Food Guide



Oils &
Healthy Fats



Meat &
Alternatives



Milk &
Alternatives



Fruits &
Vegetables



Grains

Learn more from Stargold at
www.stargoldthefoodfairy.com

Stargold's Food Chart



Grains

=



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Meat & Alternatives

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Fruits & Vegetables

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Milk & Alternatives

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Oils & Healthy Fats

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