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| E | V | P | F | M | S | E | D | L | F | **B** | **R** | **A** | **Z** | **I** | **L** | **N** | **U** | **T** | **S** | W | O | W | N |
| L | G | D | J | G | J | E | L | **Y** | L | G | Y | **P** | Z | L | C | C | N | B | A | W | V | F | J |
| N | K | Z | I | H | C | J | **D** | **R** | A | K | Z | **E** | M | U | V | S | S | E | A | N | M | J | G |
| Z | P | Y | Z | O | H | X | **E** | **O** | Y | L | **A** | **A** | X | W | X | X | C | O | R | M | S | B | G |
| U | K | K | J | D | P | F | **T** | **T** | B | U | **N** | **N** | A | U | V | D | **N** | **O** | **R** | **I** | J | I | U |
| V | P | E | I | D | D | Y | **A** | **A** | Q | D | **T** | **U** | U | **P** | **R** | **O** | **T** | **E** | **I** | **N** | U | Q | L |
| K | **R** | X | M | G | F | S | **R** | **M** | I | O | **I** | **T** | X | S | **T** | **H** | **I** | **A** | **M** | **I** | **N** | **E** | M |
| S | **E** | X | **A** | **D** | J | Y | **U** | **M** | Q | N | **O** | **S** | **A** | **L** | **M** | **O** | **N** | **D** | **S** | **S** | A | U | F |
| O | **B** | S | **I** | **I** | H | U | **T** | **A** | H | Y | **X** | M | V | N | P | R | D | X | Q | **T** | V | F | H |
| W | **I** | Y | **M** | **C** | B | H | **A** | **L** | J | J | **I** | P | G | P | X | B | M | H | P | **U** | T | K | X |
| N | **F** | R | **A** | **A** | G | M | **S** | **F** | X | S | **D** | Y | N | X | W | W | T | M | R | **N** | L | T | P |
| Q | N | N | **D** | **C** | F | D | **N** | **N** | **T** | Z | **A** | I | Y | J | H | C | L | R | E | **L** | Q | V | **N** |
| U | E | **C** | **A** | **I** | J | O | **U** | **I** | **U** | U | **N** | B | I | H | U | V | F | O | G | **A** | Q | U | **I** |
| G | E | **A** | **C** | **E** | Q | I | **O** | **I** | **N** | F | **T** | N | T | U | Y | B | X | X | G | **W** | U | L | **A** |
| O | P | **S** | **A** | **L** | G | L | **N** | **T** | **L** | J | W | Z | R | K | G | P | Z | P | F | H | M | **P** | **C** |
| S | R | **H** | **M** | **O** | F | T | **O** | **N** | **E** | M | F | Q | A | R | R | Q | N | K | N | A | F | **I** | **I** |
| P | A | **E** | **S** | **N** | A | C | **M** | **A** | **Z** | M | X | B | D | Y | G | R | I | U | P | A | T | **N** | **N** |
| V | X | **W** | **N** | **I** | R | Y | V | O | **A** | T | H | U | F | D | Q | T | R | G | C | U | D | **E** | A |
| J | G | **S** | **A** | **L** | O | U | I | T | **H** | E | G | C | N | Q | Y | Y | J | I | E | N | R | **N** | O |
| Z | U | P | **C** | R | F | P | D | I | C | A | Y | T | T | A | F | A | G | E | M | O | V | **U** | S |
| K | Q | E | **E** | I | **S** | **O** | **I** | **H** | **C** | **A** | **T** | **S** | **I** | **P** | E | L | R | W | I | U | S | **T** | H |
| E | J | N | **P** | I | S | P | E | Q | D | J | W | Q | P | H | G | Y | D | H | Y | Y | R | **S** | A |
| I | E | A | M | X | S | V | G | J | **M** | **E** | **T** | **S** | **Y** | **S** | **E** | **N** | **U** | **M** | **M** | **I** | X | J | T |
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   IRON       PROTEIN       FIBER       ANTIINFLAMMATORY       NIACIN       THIAMINE       LINOLEIC ACID       ANTIOXIDANT       IMMUNE SYSTEM       MONOUNSATURATED       OMEGA3FATTYACID       PEANUTS       MACADAMIA       BRAZILNUTS       CASHEWS       PECANS       PISTACHIOS       ALMONDS       WALNUTS       PINENUTS       HAZELNUT