

REFERENCE

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LINKS

- [https://en.wikipedia.org/wiki/Food_\(disambiguation\)](https://en.wikipedia.org/wiki/Food_(disambiguation))**
- **<https://en.wikipedia.org/wiki/Nutrient>**
 - **<https://en.wikipedia.org/wiki/Carbohydrate>**
 - **[https://en.wikipedia.org/wiki/Protein_\(nutrient\)](https://en.wikipedia.org/wiki/Protein_(nutrient))**
 - **<https://en.wikipedia.org/wiki/Fat>**
 - **https://en.wikipedia.org/wiki/Unsaturated_fat**