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24	Sweets and our craving for more
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Energy Cuisine - healthy and delicious

	The right choice of ingredients
27	The right amount

The Energy Cuisine food groups

29	Level 1: Vegetables, fruit and vegetable oils
29	Level 2: Plant-based and animal proteins
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- 29 Level 3: Complex carbohydrates whole grains, potatoes
- 29 Level 4: Simple carbohydrates sugar, sweets

The gut - the key to good health

30	The organs	of the	digestive	system
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- 41 Probiotics

Acids & bases in balance with Energy Cuisine

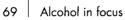
42 | Acid or base producers?

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