

Apple Juice

Serving Size: 6 ounces

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Animal Crackers

Serving Size: 8 crackers

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Bran Muffin

Serving Size: 1 muffin

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Baked Beans

Serving Size: 1/2 cup

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Cooked Brown Rice

Serving Size: 3/4 cup

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Bran-flakes Cereal

Serving Size: 1 cup

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