

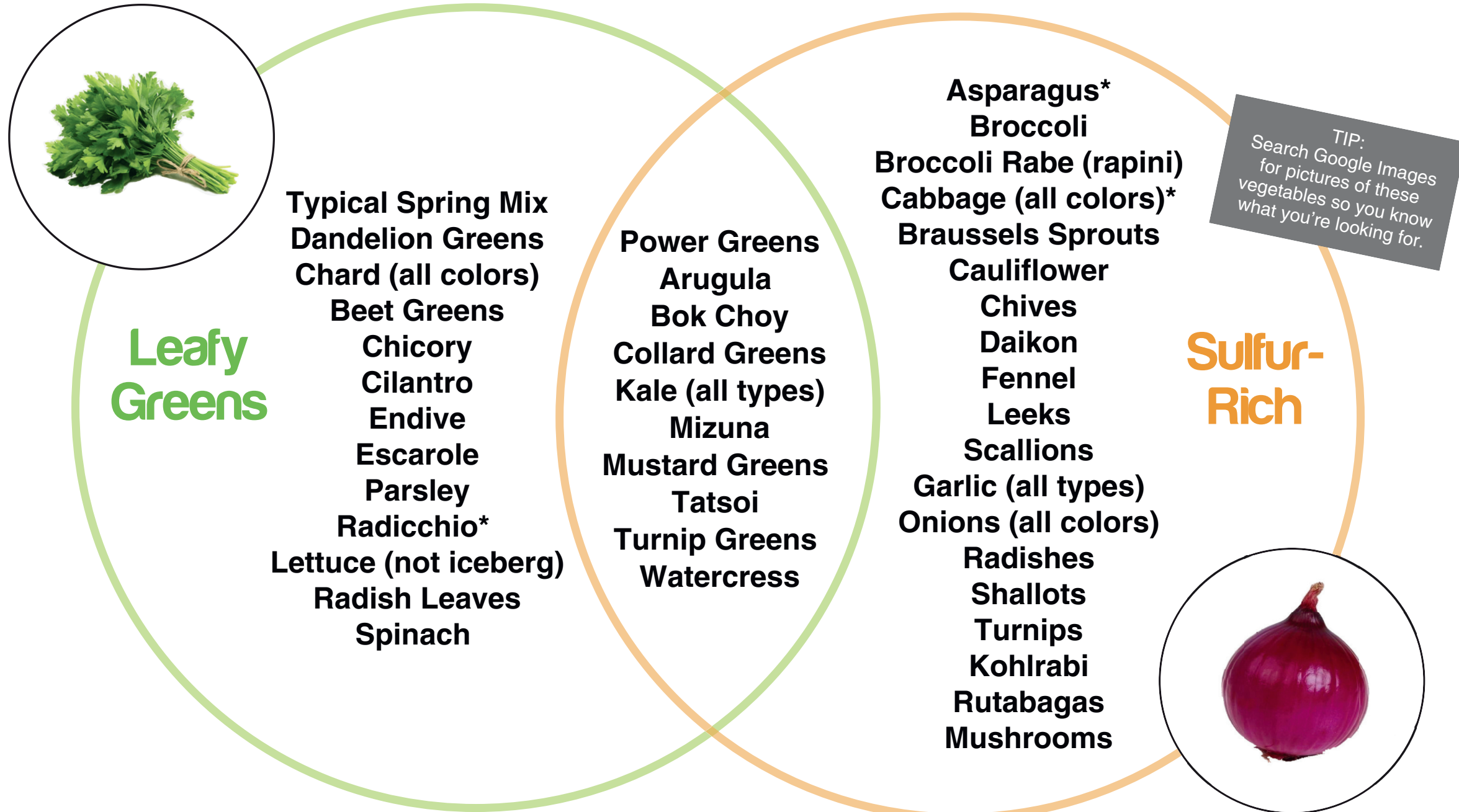


# Guide to Green & Sulfur-Rich Produce

Learn More 



*Eat roughly equal amounts of both leafy green and sulfur-rich vegetables daily.  
Foods in the center can be counted towards one or the other... Not both.*



*\*Also in the Colored Fruits and Vegetables category*

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