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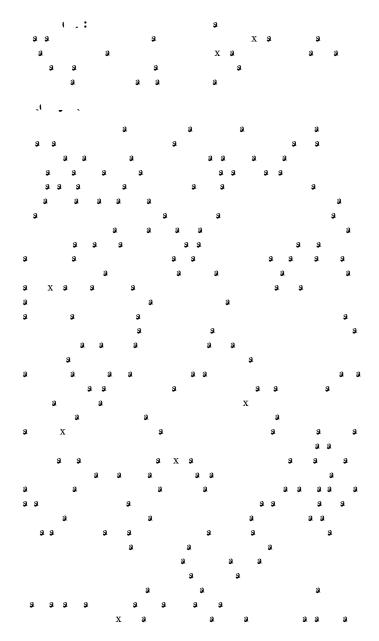
## Nutrition of Fruit and Vegetables is Associated to Reduced Stress

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## **Abstract**

In the quest for physical and mental well-being, nutrition has emerged as a critical factor infuencing overall health.

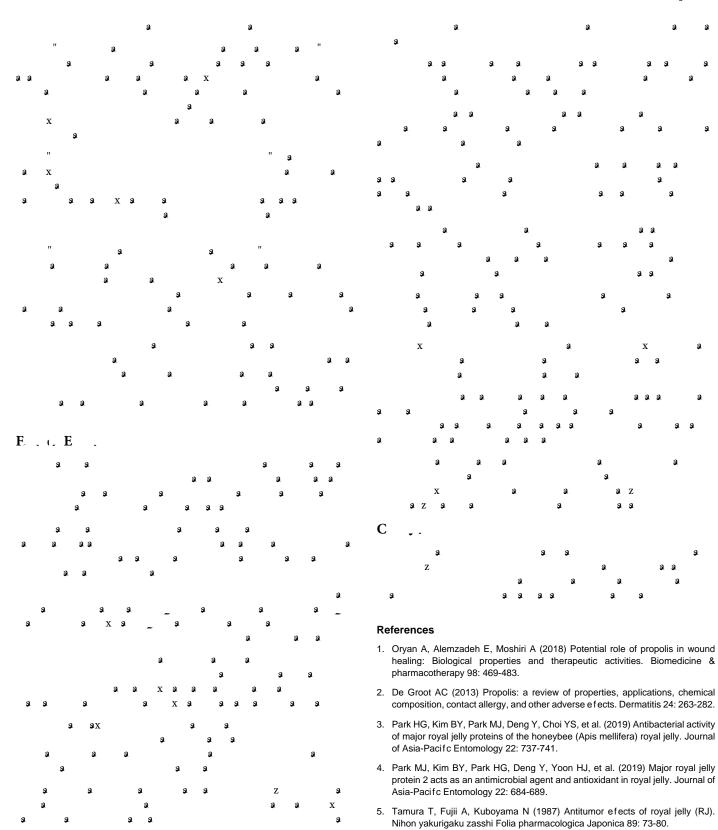


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