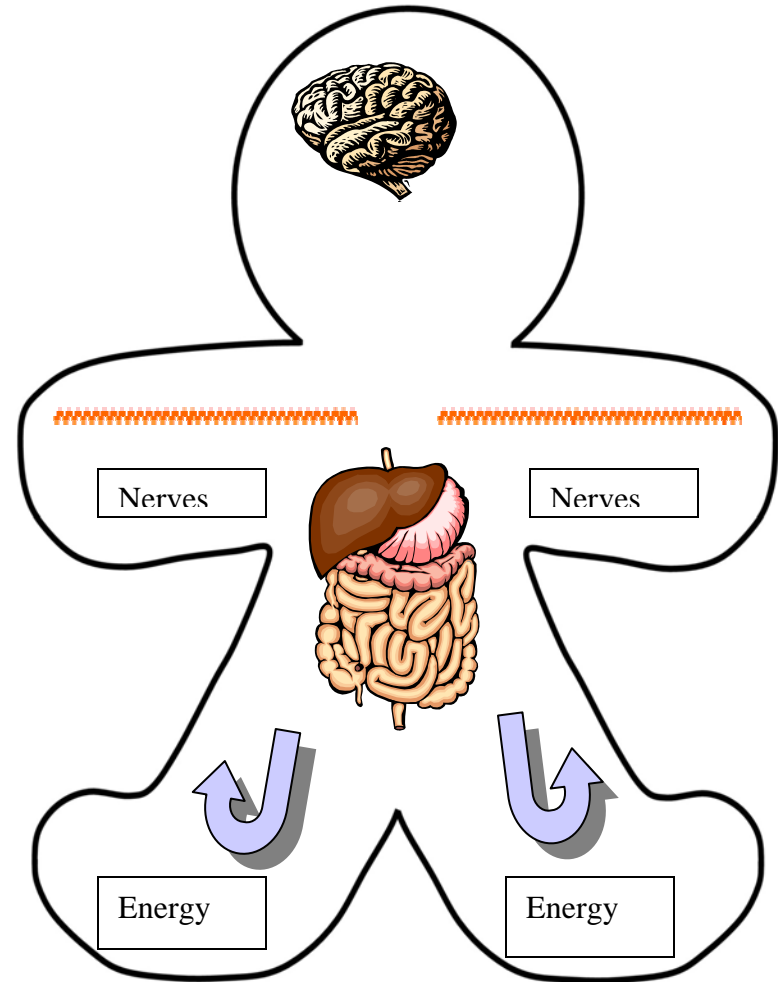


I learned about grains today. Grains help my nerves, brain and digestion. They give me energy so I can run and play.



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