Read me file Mobile APP:

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| **Milk & Milk Products** | | | | | |
| **Calories** | | **Quantity** | | **Type** | |
| 150 | | 1 cup | | Full-fat milk | |
| 102 | | 1 cup | | Low fat milk (1%) | |
|  | |
| 174 | | 85 g | | Beef steak without fat |

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| **Type** |
| 17 | 100 g | Bread, cereals |

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| 154 | Half a cup | | Lasagna with meat sauce | |
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| 131 | | Half a cup | | White rice, cooked (long grain) | |

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| 169 | 85 g | Tuna, canned in oil |

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| 99 | 1 wing "35.5 g" | Chicken wings, with skin, grilled |

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| 110 | Half a cup | Spaghetti, cooked with minced meat and tomato |

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| 162 | Half | Avocado |
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| 120 | 1 Tablespoon | Olive oil |
|  |  |  |
| 105 | 1 Tablespoon | Margarine |

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| --- | --- | --- |
| Ice Cream | | |
| 240 | 1 ball | Vanilla |
| 280 | 1 ball | Cocoa |
| 220 | 1 ball | Strawberries |