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Sample questions asked in the 7th edition of Nutrition Now: Questions 18–20 refer to the following case scenario: Assume you are attending a family picnic and are staring at a table full of food. Your choices from the table are: fried chicken, cold-cut platter (bologna, salami), whole grain rolls, shrimp, jell-o, spinach salad, fruit salad, baked beans, potato chips, zucchini squash, cake, and low-fat milk.

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