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White Potato, Corn, Carrots, Sweet Potato, Canned
Beets, Green Peas, Spaghetti Squash Legumes ... Oats,
Brown Rice, Quinoa, Pearled Barley, Shredded Wheat
(plain, Sugar-free), FiberOne Original Plain Cereal,
Kellogg's All-Bran Original Or All-Bran Bran Buds .
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