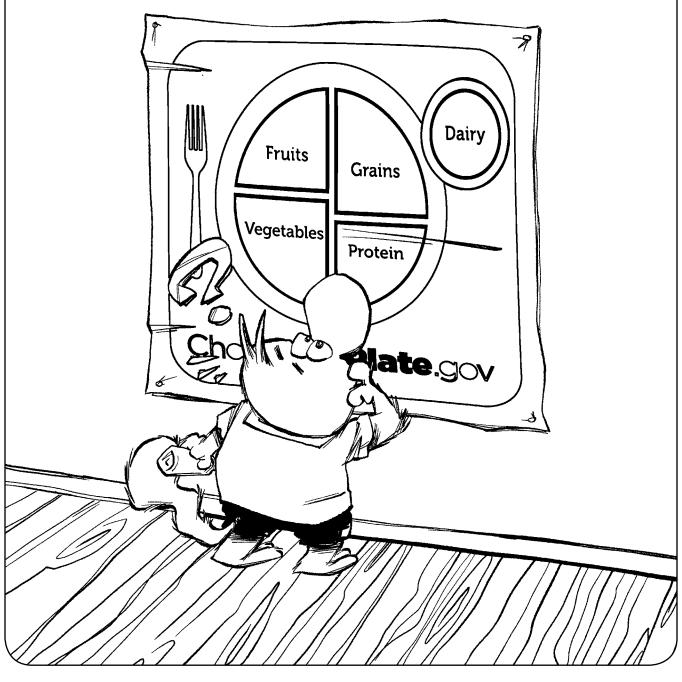
Though oil's not a food group, you'll need some in your diet.



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