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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 . Author: Sunny 1th, 2024

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