

# Healthy Foods List

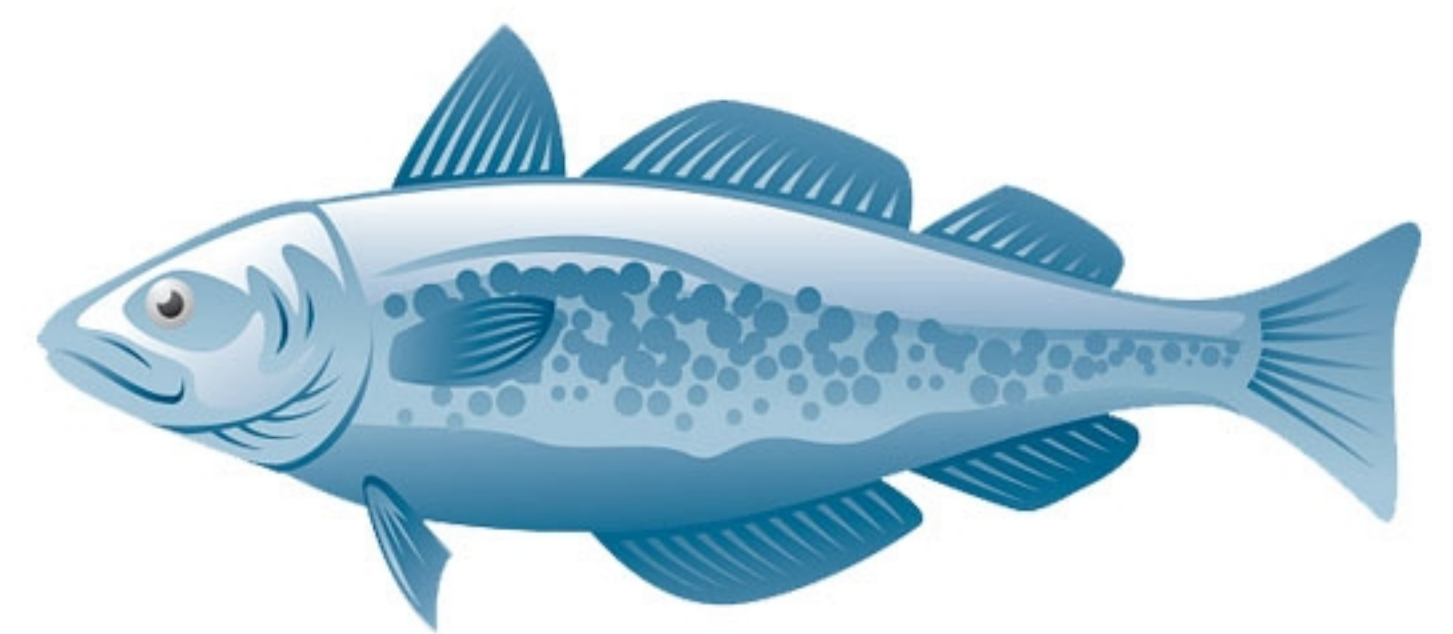
## 5. Fish, Shellfish, Seafood



**Prawn**



**Crayfish**



**Cod**

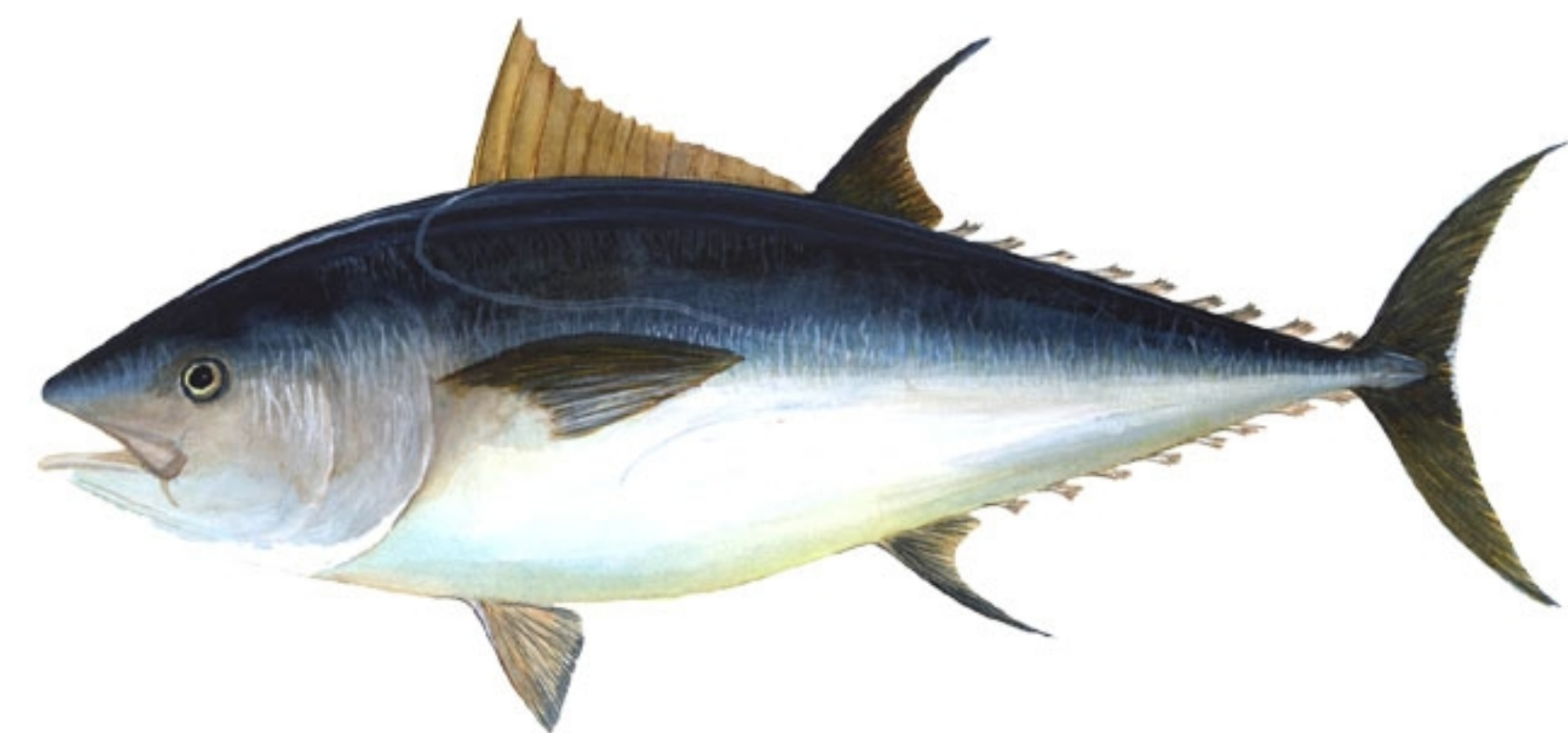


**Salmon**

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**Trout**



**Tuna**