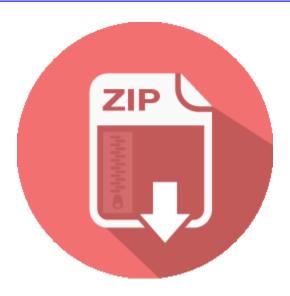
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If you have cravings for junk food, try to gradually reduce the portion of junk food you eat and you can enjoy one day in a week when you can have junk food but remember to gradually reduce your portions.

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