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DEAR CAPTAIN  
I AM THE SHIP'S DOCTOR AND I RECOMMEND  
THAT YOU WILL TAKE DAIRY PRODUCTS SO  
YOU DO NOT RISK GETTING SCURVY ALSO  
WOULD U TAKE MEAT SO THAT U GET ALL  
YOUR VITAMINS AND MINERALS.  
ALSO I HOPE U RECOMMEND THAT U TAKE  
SOME FOODS THAT CONTAIN SUGARS ALSO  
SOME FOODS THAT CONTAIN JUST A LITTLE  
FAT.

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