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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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