



November 2023

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# Seaways

The International Journal of The Nautical Institute

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20.11.23

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October 2023



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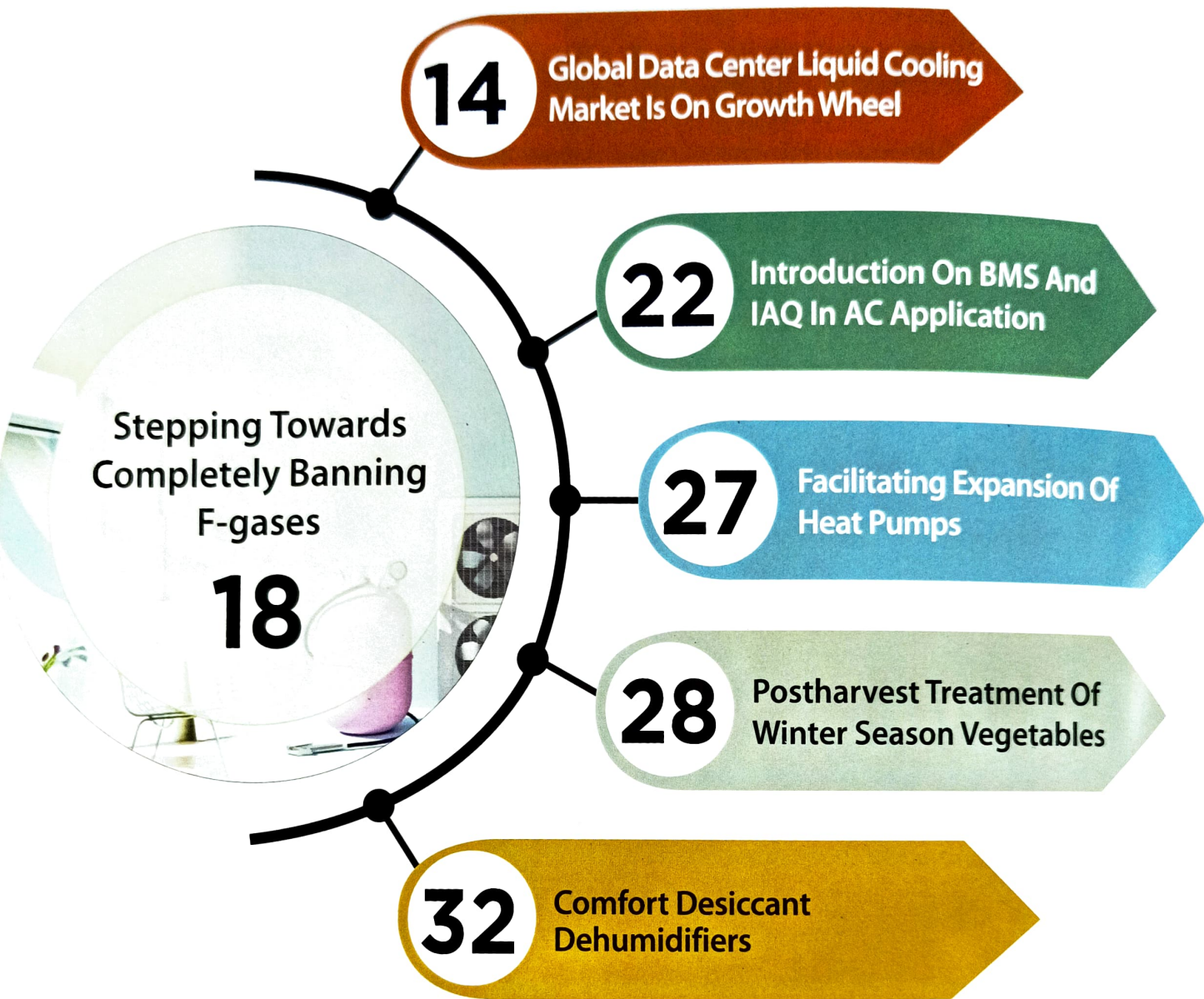
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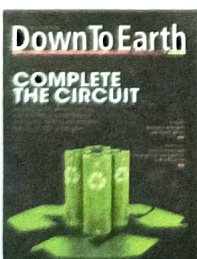
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The ultimate guide on what's healthy and what's not, based on new research by nutritionists

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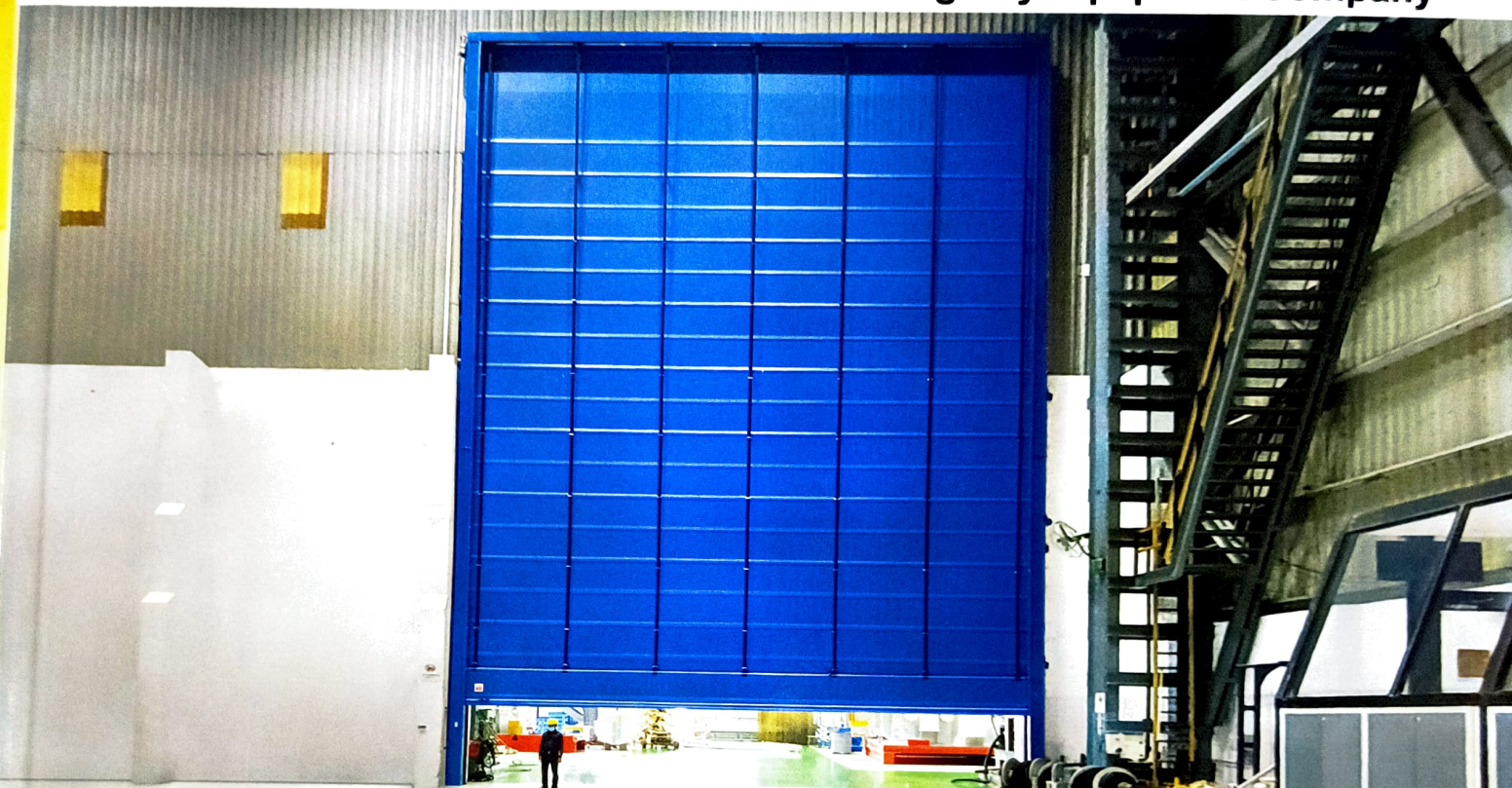
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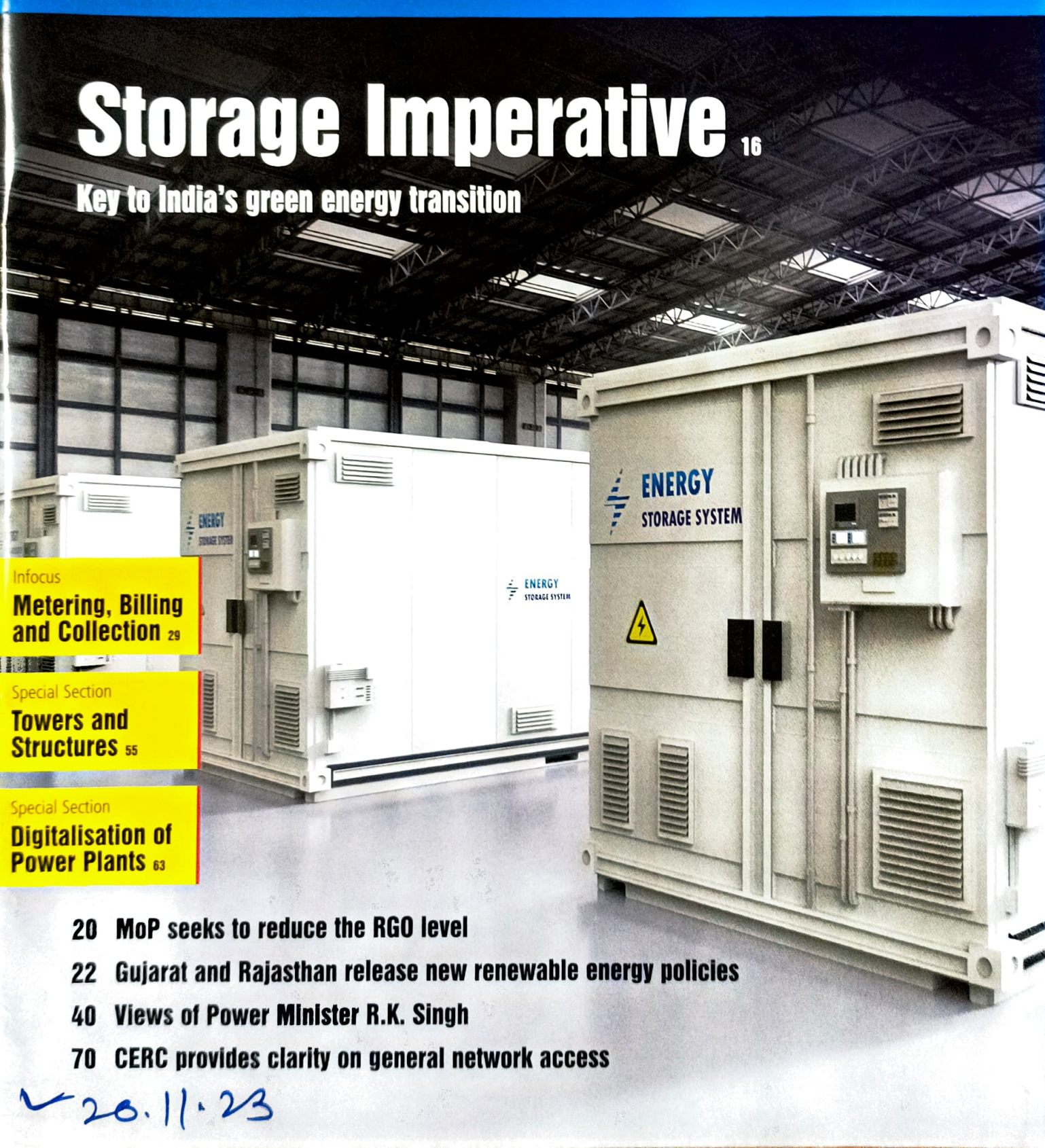
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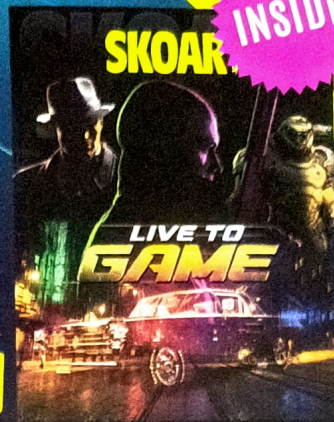
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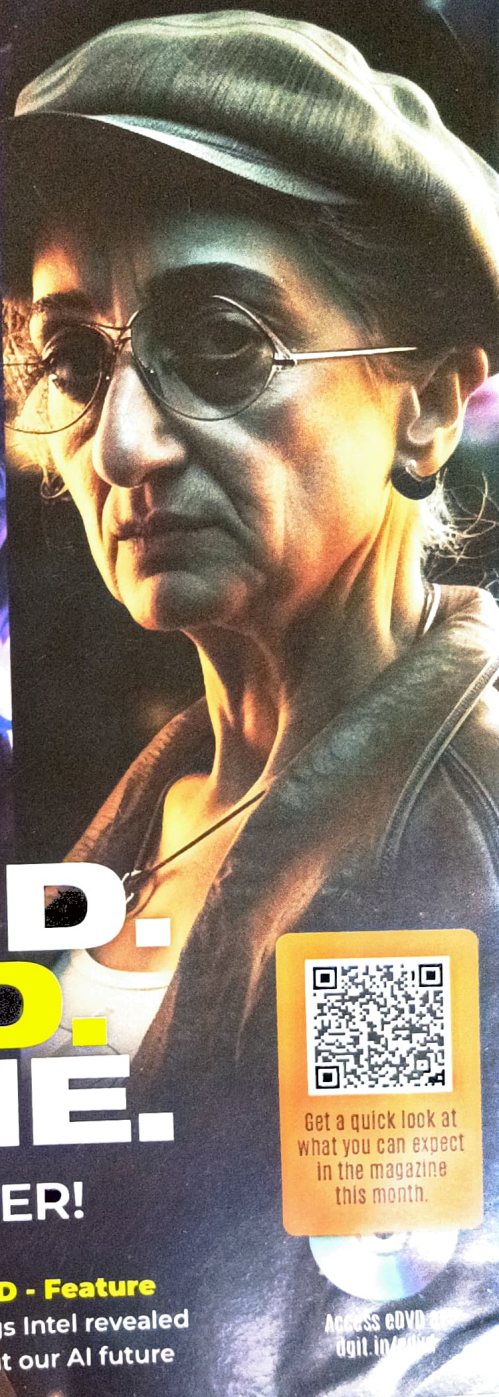
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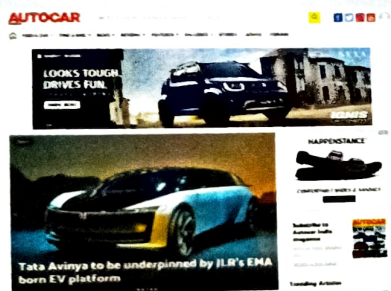


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