

# Nutrition Facts

8 servings per container

**Serving size** 2/3 cup (55g)

**Amount per serving**

**Calories** **230**

**% Daily Value\***

**Total Fat** 8g **10%**

Saturated Fat 1g **5%**

*Trans Fat* 0g

**Cholesterol** 0mg **0%**

**Sodium** 160mg **7%**

**Total Carbohydrate** 37g **13%**

Dietary Fiber 4g **14%**

Total Sugars 12g

Includes 10g Added Sugars **20%**

**Protein** 3g

Vitamin D 2mcg **10%**

Calcium 260mg **20%**

Iron 8mg **45%**

Potassium 235mg **6%**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Grocery Tour Guide

**Rough Guides**



## Grocery Tour Guide:

*The Grocery Store Tour Guide & Nutritional Workbook* Jasmin Bedria, 2016-03-22 eBook available at [www.TrueHealthTrifecta.com](http://www.TrueHealthTrifecta.com) Are you tired of the same old advice when it comes to supermarket shopping like to stay around the perimeter Have you ever wondered what certain labels mean how to best store different fruits and veggies which ingredients to avoid what the big deal is about GMO s or which so called health foods really are good for you and which claims are bunk The Grocery Store Tour Guide Nutritional Workbook has the answers to all of those questions and more This visual informational and handy guide is full of supermarket secrets and smart shopping tips Not only will you learn how to read nutrition labels and save money while choosing healthier foods you will also find easy snack ideas useful food charts a full grocery list healthy recipes and additional resources which are relevant in today s grocery store world This functional book even has a post tour quiz at the end which makes it the perfect tool for any nutrition coach or fitness trainer to use with clients By the time you finish *The Grocery Store Tour Guide Nutritional Workbook* you will know how to navigate through the aisles of any supermarket like a pro and confidently make the healthiest choices for you and your family

*The Rough Guide to Chicago* Rich McHugh, 2003 An honest illustrated detailed guide to the quintessential American city Full coverage of all the neighbourhoods including the downtown Loop and its prominent skyline and ethnic enclaves like Greektown and Pilsen plu ssighs from the Art Institute of Chicago to the shops on Michigan Avenue and all the Frank Lloyd Wright houses in Oak Park Listings of restaurants nightlife and accomodation cater for all budgets and include places to hear the Chicago Blues and engage in local pastimes such as rooting for the doomed Cubs baseball team Tours and excursions to the North Shore are also listed

**The Rough Guide to Chicago** Rough Guides, 2009-07-01 The Rough Guide to Chicago is the ultimate travel guide with clear maps and detailed coverage of all the best attractions Chicago has to offer Discover the pulsating metropolis of Chicago from the Gospel brunch at the House of Blues a heavenly but fattening experience to the Oak Street Beach the glorious summertime playground in a somewhat unexpected location Packed with detailed practical advice on what to see and do in Chicago this guide provides reliable up to date descriptions of the best hotels in Chicago Chicago s best bars and recommended restaurants and tips on the best shopping and festivals in Chicago for all budgets Featuring detailed coverage on a full range of attractions from the Maxwell Street Market and Steppenwolf Theatre to boat trips on the Chicago River and the Ravinia Festival you ll find expert tips on exploring Chicago s amazing attractions with an authoritative background on Chicago s rich culture and history Explore all corners of Chicago with the clearest maps of any guide Make the most of your holiday with *The Rough Guide to Chicago*

**6 Grocery Shopping Tour Guides** Food & Health Communications, Inc, 2013\* The purpose of these PowerPoint presentations is to educate shoppers about food products for good nutrition and healthy eating Topics covered are budget my plate shopping shopping light shop smart diabetes shop smart heart and shop weight

*The Rough Guide to Florida (Travel Guide eBook)* Rough Guides, 2023-01-01 This practical

travel guide to Florida features detailed factual travel tips and points of interest structured lists of all iconic must see sights as well as some off the beaten track treasures Our itinerary suggestions and expert author picks of things to see and do will make it a perfect companion both ahead of your trip and on the ground This Florida guide book is packed full of details on how to get there and around pre departure information and top time saving tips including a visual list of things not to miss Our colour coded maps make Florida easier to navigate while you re there This guide book to Florida has been fully updated post COVID 19 The Rough Guide to FLORIDA covers Miami the Florida Keys the Everglades the southeast Sarasota and the southwest Orlando and Disney World the northeast Tampa Bay and the northwest and the Panhandle Inside this Florida travel guide you ll find RECOMMENDATIONS FOR EVERY TYPE OF TRAVELLER Experiences selected for every kind of trip to Florida from off the beaten track adventures in Florida s northwest coast to family activities in child friendly places like Sanibel Island or chilled out breaks in popular tourist areas like the Florida Keys PRACTICAL TRAVEL TIPS Essential pre departure information including Florida entry requirements getting around health information travelling with children sports and outdoor activities food and drink festivals culture and etiquette shopping tips for travellers with disabilities and more TIME SAVING ITINERARIES Includes carefully planned routes covering the best of Florida which give a taste of the richness and diversity of the destination and have been created for different time frames or types of trip DETAILED REGIONAL COVERAGE Clear structure within each sightseeing chapter of this Florida travel guide includes regional highlights brief history detailed sights and places ordered geographically recommended restaurants hotels bars clubs and major shops or entertainment options INSIGHTS INTO GETTING AROUND LIKE A LOCAL Tips on how to beat the crowds save time and money and find the best local spots for sunbathing kayaking or soaking up local history HIGHLIGHTS OF THINGS NOT TO MISS Rough Guides rundown of Orlando Tallahassee Tampa and Miami s best sights and top experiences helps to make the most of each trip to Florida even in a short time HONEST AND INDEPENDENT REVIEWS Written by Rough Guides expert authors with a trademark blend of humour honesty and expertise this Florida guide book will help you find the best places matching different needs BACKGROUND INFORMATION Comprehensive Contexts chapter of this travel guide to Florida features fascinating insights into Florida with coverage of history religion ethnic groups environment wildlife and books plus a handy language section and glossary FABULOUS FULL COLOUR PHOTOGRAPHY Features inspirational colour photography including the stunning South Beach and the spectacular Everglades COLOUR CODED MAPPING Practical full colour maps with clearly numbered colour coded keys for quick orientation in downtown Miami downtown Jacksonville and many more locations in Florida reduce the need to go online USER FRIENDLY LAYOUT With helpful icons and organised by neighbourhood to help you pick the best spots to spend your time

*The Rough Guide to Florida (Travel Guide eBook)*  
Rebecca Strauss,Rough Guides,Sarah Hull,Stephen Keeling,2018-07-01 Discover this exquisite region of the United States with the most incisive and entertaining guidebook on the market Whether you plan to soak up the sun on Miami Beach track

down alligators in the Everglades or dive amid vibrant coral reefs in the Florida Keys The Rough Guide to Florida will show you the ideal places to sleep eat drink shop and visit along the way Independent trusted reviews written with Rough Guides trademark blend of humour honesty and insight to help you get the most out of your visit with options to suit every budget Full colour chapter maps throughout to find your way amid Miami's pastel coloured Art Deco district or Key West's quirky bars and restaurants without needing to get online Stunning images a rich collection of inspiring colour photography Things not to miss Rough Guides rundown of the best sights and experiences in Florida Itineraries carefully planned routes to help you organize your trip Detailed coverage this travel guide has in depth practical advice for every step of the way Areas covered include Miami The Florida Keys The Everglades The Gold Coast Sarasota Fort Myers Orlando The Space Coast Jacksonville Tampa Gainesville Fort Lauderdale Palm Beach Attractions include Walt Disney World Kennedy Space Centre Wizarding World of Harry Potter Sanibel Island Salvador Dali Museum Miami Beach Universal Studios South Beach Key West Basics essential pre departure practical information including getting there local transport accommodation food and drink the media sports and outdoor activities and more Background information a Contexts chapter devoted to history nature and recommended books and films Make the Most of Your Time on Earth with The Rough Guide to Florida About Rough Guides Escape the everyday with Rough Guides We are a leading travel publisher known for our tell it like it is attitude up to date content and great writing Since 1982 we've published books covering more than 120 destinations around the globe with an ever growing series of ebooks a range of beautiful inspirational reference titles and an award winning website We pride ourselves on our accurate honest and informed travel guides

**The Essential Guide to Walt Disney World** Jessie Sparks, 2023-02-15 Updated 2 15 2023 Walt Disney World is more than its four amazing theme parks and two water parks It goes far beyond the hundreds of restaurants and themed hotels Learn valuable time saving secrets that show you how to travel like a VIP in this comprehensive tour guide written by Orlando locals and Disney insiders It's Disney Made Easy Here is just a portion of what we share Lightning Lane Recent Operational Changes Over 50 freebies you can take advantage of around Disney World Special activities outside of the parks How to reserve Lightning Lanes and use Genie so that you don't waste time in hot lines How to get extra hours in the parks How to save money on food The best hotel value for your size of family Where to dine with your favorite characters How to get the most of your character meet and greet experience Romance in the parks What you will find inside Florida's newest town Disney Springs Walt Disney World's downtown shopping center with food and entertainment Information on behind the scene tours and special events How to avoid crowds What months and days to visit and What to wear to ensure your comfort during any season

**The Rough Guide to the USA: The South (Travel Guide eBook)** Rough Guides, 2022-08-01 Practical travel guide to USA The South featuring points of interest structured lists of all sights and off the beaten track treasures with detailed colour coded maps practical details about what to see and to do in USA The South how to get there and around pre departure information as well as top time

saving tips like a visual list of things not to miss in USA The South expert author picks and itineraries to help you plan your trip The Rough Guide to USA THE SOUTH covers North Carolina South Carolina Georgia Kentucky Tennessee Alabama Mississippi and Arkansas Inside this travel guide you ll find RECOMMENDATIONS FOR EVERY TYPE OF TRAVELLER Experiences selected for every kind of trip to USA The South from off the beaten track adventures in the Ozarks to family activities in child friendly places like Nashville or chilled out breaks in popular tourist areas like Memphis PRACTICAL TRAVEL TIPS Essential pre departure information including USA The South entry requirements getting around health information travelling with children sports and outdoor activities food and drink festivals culture and etiquette shopping tips for travellers with disabilities and more TIME SAVING ITINERARIES Carefully planned routes covering the best of USA The South give a taste of the richness and diversity of the destination and have been created for different time frames or types of trip DETAILED REGIONAL COVERAGE Clear structure within each sightseeing chapter includes regional highlights brief history detailed sights and places ordered geographically recommended restaurants hotels bars clubs and major shops or entertainment options INSIGHTS INTO GETTING AROUND LIKE A LOCAL Tips on how to beat the crowds save time and money and find the best local spots for soaking up the local history scenic drives and sampling the music scene HIGHLIGHTS OF THINGS NOT TO MISS Rough Guides rundown of Little Rock Memphis Birmingham Nashville and Jackson s best sights and top experiences help to make the most of each trip to USA The South even in a short time HONEST AND INDEPENDENT REVIEWS Written by Rough Guides expert authors with a trademark blend of humour honesty and expertise to help to find the best places in USA The South matching different needs BACKGROUND INFORMATION Comprehensive Contexts chapter features fascinating insights into USA The South with coverage of history religion ethnic groups environment wildlife and books plus a handy language section and glossary FABULOUS FULL COLOUR PHOTOGRAPHY Features inspirational colour photography including the stunning Mercer Williams House and the spectacular Blue Ridge Parkway COLOUR CODED MAPPING Practical full colour maps with clearly numbered colour coded keys for quick orientation in Charleston Atlanta and many more locations in USA The South reduce need to go online USER FRIENDLY LAYOUT With helpful icons and organised by neighbourhood to help you pick the best spots to spend your time

[The Rough Guide to the Dominican Republic \(Travel Guide eBook\)](#) Rough Guides,2017-11-02 Discover a new side of the Caribbean s most popular island destination with the definitive travel guide to the Dominican Republic researched by Rough Guides expert authors Escape the all inclusive resorts and find the real Dominican Republic surfing resorts and ecolodges in remote pueblos the Caribbean s highest mountain and the sites of the Americas first European settlements You ll find detailed practical advice on how to get the best from your trip too with colour coded maps listings and information personally checked out by our intrepid writers The Rough Guide to the Dominican Republic covers everything from museums shopping and art galleries in the cities to tranquil beaches and remote waterfalls plus up to date descriptions of the Dominican Republic s best hotels bars clubs shops and restaurants

for all budgets Whether you have time to browse detailed chapters or need fast fix itineraries and Top 5 boxes that pick out the highlights you won't want to miss The Rough Guide to the Dominican Republic won't let you down Make the most of your trip with The Rough Guide to the Dominican Republic **Diabetes & Carb Counting For Dummies** Sherri

Shafer,2024-07-11 Count on this book to help you count carbs and live a healthy lifestyle with diabetes The person with diabetes is at the center of their own care They make the day to day decisions about what to eat when to exercise and how to use the data they get from blood glucose monitoring devices In order to be successful it is critically important to make those decisions based on sound advice from their healthcare team diabetes experts and reputable resources Carbs and glucose levels go hand in hand when managing all forms of diabetes Diabetes Carb Counting For Dummies teaches you all about carbs and overall healthy nutrition so that you can make informed decisions about what to eat and how much Get up to date guidance to improve your health and live the life you want This updated edition covers the latest dietary guidelines and standards so you'll be on track with the best that science has to offer in diabetes management You'll also get tips on exercise interpreting blood glucose and A1C results and continuous glucose monitoring CGM technology Living your best carb counting life starts with this Dummies guide Demystify the connection between carbs blood glucose levels insulin and exercise Find easy to follow instructions on how to read labels portion your plate and count carbs while still enjoying your favorite foods and traditions Exercise safely while learning how to prevent and treat hypoglycemia Get the latest information on fiber sweeteners gluten and alcohol Explore sample meal plans in carb controlled ranges Learn about new technologies research findings and resources to help you manage diabetes more effectively Discover dietary strategies lifestyle adjustments and tips for controlling carb consumption without limiting your enjoyment of life Whether newly diagnosed or someone who has been living with diabetes for many years this book is an essential guide for people with type 1 diabetes type 2 diabetes prediabetes or gestational diabetes as well as their loved ones This is an accessible resource to help empower you with the tools you need to count carbs and plan meals that support diabetes management weight control and heart health

The Rough Guide to Brazil (Travel Guide eBook) Rough Guides,2018-07-02 Discover this vast and varied South American country with the most incisive and entertaining guidebook on the market Whether you plan to hit the beaches of Rio take a boat up the Amazon or explore the gorgeous colonial towns of Minas Gerais The Rough Guide to Brazil will show you the ideal places to sleep eat drink shop and visit along the way Independent trusted reviews written with Rough Guides trademark blend of humour honesty and insight to help you get the most out of your visit with options to suit every budget Full colour chapter maps throughout to explore Rio's beach neighbourhoods and remote Amazon towns without needing to get online Stunning images a rich collection of inspiring colour photography Things not to miss Rough Guides rundown of the best sights and experiences in Brazil Itineraries carefully planned routes to help you organise your trip Detailed coverage this travel guide has in depth practical advice for every step of the way Areas covered include Rio de Janeiro Sao Paulo Minas

Gerais Espirito Santo Bahia the Northeast the Amazon Brasilia the Pantanal and the South covering Parana Santa Catarina and Rio Grande do Sul Attractions include Rio s Corcovado Iguacu Falls Salvador s old town Rio Amazon as boat trips and the Ilha do Mel Basics essential pre departure practical information including getting there local transport accommodation food and drink festivals and events sports and outdoor activities and more Background information a Contexts chapter devoted to history the environment music cinema football and recommended books as well as a guide to Brazilian Portuguese Make the most of your time on Earth with The Rough Guide to Brazil About Rough Guides Escape the every day with Rough Guides We are a leading travel publisher known for our tell it like it is attitude up to date content and great writing Since 1982 we ve published books covering more than 120 destinations around the globe with an ever growing series of ebooks a range of beautiful inspirational reference titles and an award winning website We pride ourselves on our accurate honest and informed travel guides

Tourism at the Grassroots John Connell,Barbara Rugendyke,2008-03 This collection focuses on both the interactions between tourists and villagers and the impacts of tourism at the local level considering economic social cultural and environmental changes

Remembering Emmett Till Dave Tell,2019-05-01 Communications professor Dave Tell explores the thin line between honoring and exploiting a murder victim s memory in Remembering Emmet Till Take a drive through the Mississippi Delta today and you ll find a landscape dotted with memorials to major figures and events from the civil rights movement Perhaps the most chilling are those devoted to the murder of Emmett Till a tragedy of hate and injustice that became a beacon in the fight for racial equality The ways this event is remembered have been fraught from the beginning revealing currents of controversy patronage and racism lurking just behind the placid facades of historical markers In Remembering Emmett Till Dave Tell gives us five accounts of the commemoration of this infamous crime In a development no one could have foreseen Till s murder one of the darkest moments in the region s history has become an economic driver for the Delta Historical tourism has transformed seemingly innocuous places like bridges boat landings gas stations and riverbeds into sites of racial politics reminders of the still unsettled question of how best to remember the victim of this heinous crime Tell builds an insightful and persuasive case for how these memorials have altered the Delta s physical and cultural landscape drawing potent connections between the dawn of the civil rights era and our own moment of renewed fire for racial justice A fine history of racism poverty and memory in the Mississippi Delta told through the lynching of Emmett Till a black 14 year old from Chicago whose murder in 1955 made him an early martyr of the civil rights movement

The Economist     **World War I Battlefields: A Travel Guide to the Western Front** John Ruler,Emma Thomson,2023-11-10 Thoroughly updated for this new third edition Bradt s World War I Battlefields remains the only compact practical travel guide to cover both French and Belgian battlefield sites involved in one of the deadliest conflicts in human history which changed the face of foreign policy and European geography forever The 2014 18 centenary of the First World War was a huge catalyst for battlefield tourism leading to a proliferation of innovative new museums memorials



commemorative trails statues and more which are comprehensively covered in this update Co authored by two award winning travel writers this lightweight and pocket friendly guidebook is perfect for visitors It covers all the main sites memorials and museums of the entire Western Front alongside practical information such as travelling there and getting around and how to book the best guided tours In the Belgian section of the book chapters cover Ypres and the Ypres Salient Poperinge Heuvelland and Messines Mesen Diksmuide Veurne and Nieuwpoort and Mons In the French section as well as the Somme battlefields in Le Nord and Lille are featured as are those in Pas de Calais Aisne and Marne Champagne and Verdun Visiting well known Somme sights such as Thiepval the Somme 1916 Museum Longueval Le Hamel and Villers Bretonneux is a must for many visitors But so too are Arras and the information centre dedicated to the Battle of Vimy Ridge the Battle of Fromelles Museum the Cambrai Tank 1917 museum the Marne 14 18 Interpretation Centre and the Sir John Monash Centre which tells the story of Australian soldiers Western Front experiences in both countries This updated and expanded edition features new information on the valuable contribution made by Black Indian and Caribbean soldiers There is also refreshed detailed advice on how to find the resting place of family members lost in battle For history buffs those on battlefield tours relatives of those who fought school groups and students there is no finer guidebook to visiting Great War sites in both countries than Bradt's World War I Battlefields

**The Rough Guide to Turkey (Travel Guide eBook)** Rough

Guides,2016-06-01 The Rough Guide to Turkey is a must for all discerning travellers heading to this fascinating country that straddles Europe and Asia The most comprehensive and informed travel guide on the market offering insightful coverage taking readers from the stunning trails of the Lycian Way on the Turquoise coast to the iconic dome of Aya Sofia and from legendary sites such as Troy and Ephesus to the fairytale landscapes of Cappadocia Packed with practical advice on everything from how to buy the finest kilims rugs to details on catching dolmuses The Rough Guide to Turkey has all you need to find the best places to stay and eat with trusted reviews you can rely on and options to suit all budgets Complete with stunning photography itineraries to help plan your trip and detailed maps to navigate your way through even the most maze like towns it's easy to see why The Rough Guide to Turkey is such an invaluable addition to your suitcase

**Insight Guides**

**Explore Los Angeles (Travel Guide eBook)** Insight Guides,2018-11-01 Insight Explore Guides books to inspire your on foot exploration of top international destinations Experience the best of Los Angeles with this indispensably practical Insight Explore Guide From making sure you don't miss out on must see attractions like Disneyland and Hollywood to discovering hidden gems the easy to follow ready made walking routes will help you plan your trip save you time and enhance your exploration of this thrilling city Practical and packed with inspirational insider information this will make the ideal on the move companion to your trip to Los Angeles Enjoy over 15 irresistible Best Routes to walk from Downtown LA Little Tokyo and the Arts District to Beverly Hills and Santa Monica Features concise insider information about landscape history food and drink and entertainment options Invaluable maps each Best Route is accompanied by a detailed full colour map Discover

your destination's must see sights and hand picked hidden gems Directory section provides invaluable insight into top accommodation restaurant and nightlife options by area along with an overview of language books and films Inspirational colour photography throughout About Insight Guides Insight Guides is a pioneer of full colour guide books with almost 50 years experience of publishing high quality visual travel guides with user friendly modern design We produce around 400 full colour print guide books and maps as well as phrasebooks picture packed eBooks and apps to meet different travellers needs Insight Guides unique combination of beautiful travel photography and focus on history and culture create a unique visual reference and planning tool to inspire your next adventure [Insight Guides Pocket Porto \(Travel Guide eBook\)](#) Insight Guides,2019-03-01 Insight Pocket Guides ideal itineraries and top travel tips in a pocket sized package Plan your trip plan perfect days and discover how to get around this pocket sized guide is a convenient quick reference companion to discovering what to do and see in Porto from top attractions to hidden gems Compact concise and packed with essential information about Where to Go and What Do this is an ideal on the move companion when you're exploring Porto Covers Top Ten Attractions and Perfect Day itinerary suggestions Offers an insightful overview of landscape history and culture Contains an invaluable pull out map and essential practical information on everything from Eating Out to Getting Around Inspirational colour photography throughout Sharp design and colour coded sections make for an engaging reading experience About Insight Guides Insight Guides is a pioneer of full colour guide books with almost 50 years experience of publishing high quality visual travel guides with user friendly modern design We produce around 400 full colour print guide books and maps as well as phrase books picture packed eBooks and apps to meet different travellers needs Insight Guides unique combination of beautiful travel photography and focus on history and culture create a unique visual reference and planning tool to inspire your next adventure [The Rough Guide to California \(Travel Guide eBook\)](#) Rough Guides,2017-06-01 The fully updated The Rough Guide to California is the definitive guide to the most visited state in the US Now is a great time to visit 2017 is the 50th anniversary of San Francisco's Summer of Love the Wizarding World of Harry Potter has burst onto the scene at Universal Studios and LA also boasts cool new contemporary art museum The Broad there's been an explosion of microbreweries across the state countless hiking trails beckon at Yosemite National Park and the backcountry wilderness of Sierra Nevada whilst Historic Route 66 still offers all the kitsch Americana and romance of the open road Discover California's highlights with beautiful photography easy to use maps and more listings and information than ever before The Rough Guide to California contains fun and adventurous itineraries author recommendations for where to stay and eat savvy lists of hotspots and heaps of practical advice to help you whatever your budget Make the most of every minute of your trip with The Rough Guide to California **Rough Guides Walks and Tours Mallorca: Top 14 Itineraries for Your Trip: Travel Guide eBook** Rough Guides,2025-04-01 This compact pocket sized Mallorca travel guidebook is ideal for travellers on shorter trips who want to make sure they experience the destination's highlights and really get a flavour of the place It

includes ready made walking and driving itineraries with detailed directions that allow you to organise your visit to Mallorca without losing time planning In this Mallorca travel book you will find 14 ready made walks and tours easy to follow walking and driving trip plans featuring the best places to visit as well as what to do and where to eat along the way Itinerary details each walk or tour starts with pointers on the time taken distance covered and how to connect it with other itineraries in the book Best walks and tours in Mallorca for surf sand and sun art collections family adventures foodie paradise the great outdoors historical legacy literary genius Mallorcan architecture Curated recommendations of places the walks and tours feature all the main attractions and off the beaten track adventures as well as child friendly family activities and chilled out breaks in popular tourist areas Insider recommendations tips on how to beat the crowds save time and money and find the best local spots Historical and cultural insights thematic features highlight Mallorca s unique life and culture Unique hotel restaurant and nightlife listings curated details of where to stay eat and go out whatever your interest for a range of budgets Practical information how to get there how to get around and an A Z of essential details Handy mapping practical maps for each walk and tour with clearly numbered sights Coverage includes Palma Andratx Banyalbufar The Tramuntana Valldemossa Lluc S ller Pollen a Formentor Bay of Alc dia Art Cala Torta Es Trenc Felanitx Petra      **The regional travel guide for Plateaux (Republic of the Congo) ,2025-09-25**

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