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Food intake of European adolescents in the light of different food-based dietary guidelines: results of the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) Study

DOI: [10.1017/s1368980011001935](https://doi.org/10.1017/s1368980011001935)

Public Health Nutrition, 2012, 15, 386-98.

Source: <https://exaly.com/paper-pdf/53037580/citation-report.pdf>

Version: 2024-04-28

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