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Jurnal Berita Litbang Industri, 118 (3): 48-57.

Murtiningsih Dan Suyanti. 2011. Membuat Tepung
Umbi Dan Variasi Olahannya. Jakarta Selatan: PT Agro
Media Pustaka. Priyowidodo, T. 2014. Cara Budidaya
Ubi Jalar. Blog Alamtani. Dalam Feb 8th, 2024

LOW FERMENTATION DIET/SIBO DIET

4. Nuts Are All Fine. Therefore, Peanut Butter Is Fine. 5.
Chocolate Is Allowed But Watch For Milk Chocolate. 6.
For Breakfast Cereal, Rice Krispies Are The Most Ideal.
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