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countries in the world but clean air isn t the only reason  
why icelanders are so healthy they also like to hit the gym  
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order to beat the winter blues

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1 beef flank lean flank steak also known as skirt steak is a  
lean cut of beef particularly when trimmed of visible fat the  
following table shows the nutritional data for lean flank  
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fat and protein content of lean flank steak

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