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Habitual Processed Food Consumption among Young Adults: Associations with Fatigue, Gastrointestinal Symptoms, and Lifestyle Factors

[Shiva Tripathi](#)^{*}, [Shumaila Naaz](#) and [Raushan Khan](#)

Department of Home Sciences, Lakshmibai College, New Delhi, India



Dr. M. Prakash
Editor-in-chief

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