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## **Fit4Ever: Change Your Crave**

The other day, I saw a billboard for one of the major fast-food chains that said "Eat what you crave?" and showed a picture of a gigantic bacon, egg and cheese biscuit. That beautiful biscuit we were told to crave packed 560 calories, 38 grams of fat and 1360 mg of sodium. For the average person, that would be almost a day's worth of salt and saturated fat in just one meal.

### **Bible Reference:**

1 John 2



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