



LED TV

Chassis : U78A U78B

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UE32ES5700 UE37ES5700 UE40ES5700 UE46ES5700 UE50ES5700 UE50ES5700S UE50ES5705
UE26EH4500 UE26EH4500W UE26EH4510 UE26EH4510WUE22ES5400 UE22ES5400W
UE22ES54100 UE22ES5410WUE32EH5450W UE40EH5450W UE46EH5450WUE50EH5300
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SERVICE Manual

LED TV



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- +
- Technical Training Course
(PPT)

Samsung Ltn226w Tvs Owners Manual

Michael Hoelscher



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web the 5 food groups to stay healthy you should drink plenty of water and eat a wide variety of nutritious foods from the 5 food groups every day this includes vegetables and legumes or beans at least 5 serves a day grain cereal foods mostly wholegrain and high fibre varieties 4 to 6 serves a day fruit 2 serves a day

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web you eat to provide energy and nutrients important for growth maintenance and overall health good nutrition is important to keep your body at optimum health a healthy diet can help you reach and maintain proper weight reduce your risk of chronic diseases and promote good health one way to ensure that you are eating healthy is to