A GOOD FOOD DIET



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Dieting can be downright difficult, especially if your diet includes foods you don't particularly enjoy. After all, how much cabbage soup can a person stand? The good news is that there are

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This list should give you a pretty good idea of the many different healthy foods you can choose from when creating your weight loss diet or just any healthy diet in general.

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Food variety and a healthy diet Better Health Channel

Eating a wide variety of healthy foods promotes good health and helps to protect against chronic disease. Eating a varied, well-balanced diet means eating a variety of foods from each of the five food groups daily, in the recommended amounts. It is also important to choose a variety of foods from

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