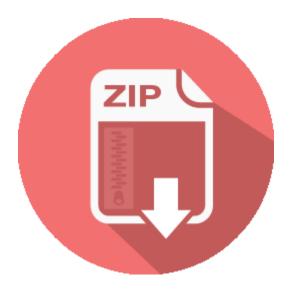
# **DIET HEALTHY FOOD**



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Consuming a healthy diet throughout the life-course helps to prevent malnutrition in all its forms as well as a range of noncommunicable diseases (NCDs) and conditions. However, increased production of processed foods, rapid urbanization and changing lifestyles have led to a shift in dietary

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Eating healthy does NOT have to be boring. There is a massive amount of foods out there that are both healthy and tasty. Here are 50 incredibly healthy foods. Most of them are surprisingly

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Plus, brown rice is a low-energy-density food, meaning it's heavy and filling but low in calories. One study found that women who ate a higher-energy-density diet gained three times as much weight

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#### Best Diets for Healthy Eating 2018 Best Diets US News

The last thing you want from a diet is a risk to your health. Any diet should provide sufficient calories and not fall seriously short on important nutrients or entire food groups.

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#### Healthy recipes BBC Good Food

Discover BBC Good Food's best healthy recipes, including healthy breakfasts, lunches, dinners and snacks. Find dishes to fit in with special diets, from dairy-free to the 5:2 diet. Find dishes to fit in with special diets, from dairy-free to the 5:2 diet.

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