

[FOOD THAT HARM FOODS THAT HEAL](#)



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The foods most likely to contain trans fats are processed foods like chips, breakfast waffles, doughnuts, pastries, cookies, crackers, fast food products like deep-fried sandwiches and french fries. They are also in some margarines and spreads.

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There are 142 food entries from apples to zucchini, including fast food, additives, and more-you can look up any food and find out its benefits, what it may heal, or how it may harm. The first edition changed the way we view food and its impact on our bodies, highlighting the benefits of food.

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