

[FOOD TO BE HEALTHY](#)



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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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How to Eat Healthy wikiHow

As we all know fast food is bad for our health, yet it continues to remain a weekly staple for too many people. For one, fast food is often fried, processed, and excessively salty. Add soft drinks and fries and your meal could easily burn through half of your suggested caloric intake for the day. To add insult to injury, much of the fat contained in fast food is trans fat, the worst kind of fat.

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14 Keys to a Healthy Diet Berkeley Wellness

Not all the nutrients and other substances in foods that contribute to good health have been identified, so eating a wide assortment of foods helps ensure that you get all of the disease-fighting potential that foods offer. In addition, this will limit your exposure to any pesticides or toxic substances that may be present in a particular food.

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Healthy recipes and diet information BBC Food

These breakfasts are healthy and delicious. Whether you prefer a hot or cold breakfast, we have loads of ideas for you. Find out how to eat fat and be healthy. Kids' packed lunches can be full of

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How to Eat Healthy HHS gov

Make half the grains you eat whole grains: An easy way to eat more whole grains is to switch from a refined-grain food to a whole-grain food. For example, eat whole-wheat bread instead of white bread.

<http://ebookslibrary.club/How-to-Eat-Healthy-HHS-gov.pdf>

Healthy Dinners in 40 Minutes or Less Food Com

Healthy fast food? Yes, it's possible! These quick and easy healthy dinners from Food Network are on the table in no time.

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