

## **EASY HEALTHY DIET**



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It's much easier to keep a healthy, balanced diet this way than by counting calories. 18. Eat a healthy breakfast! Starting the day off right is key to eating healthy all day long.

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There are foods, and then there are super foods, the vitamin-and-mineral-packed basics of a nutritious diet. If you want to adopt healthy eating strategies, start by incorporating these foods into your diet.

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