

[WHAT FOODS TO EAT 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 delicious.

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50 Healthiest Foods Best Healthy Foods to Eat

These healthy foods have serious bragging rights. They'll help you lose weight, prevent disease, and slow aging. Eat up! To reap the benefits, eat 1/2 cup daily preferably unsweetened. For a

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The 10 Healthiest Foods on the Planet Fitness Magazine

Healthy Food #5: Salmon Why It's Healthy: A great source of omega-3 fatty acids, which have been linked to a reduced risk of depression, heart disease, and cancer. A 3-ounce serving contains almost 50 percent of your daily dose of niacin, which may protect against Alzheimer's disease and memory loss.

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Healthy Food 100 Healthiest Foods on the Planet Eat

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The 30 Healthiest Foods Real Simple

Those are the fats that lower the bad-for-you cholesterol (LDL) and raise the good-for-you kind (HDL). Try this: For a healthy on-the-go snack, pack a handful of walnuts with some dried figs and a few anise seeds. (As the ingredients sit together, the anise releases flavor.) Or try Corn Salad With Feta and Walnuts.

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How to Eat Healthy HHS gov

Eat some seafood: Seafood includes fish (such as salmon, tuna, and trout) and shellfish (such as crab, mussels, and oysters). Seafood has protein, minerals, and omega-3 fatty acids (heart-healthy fat). Adults should try to eat at least eight ounces a week of a variety of seafood.

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The Best Foods to Eat for Breakfast Health

"Vitamin E is often a little low in people's diets, so this is a good way to add in some extra especially if you don't eat a lot of nuts or seeds, two other big sources," Giovinazzo says.

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