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This article was updated on 17th July 2017 by nutritional therapist Kerry Torrens. A registered Nutritional Therapist, Kerry Torrens is a contributing author to a number of nutritional and cookery publications including BBC Good Food magazine.

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Changing your diet might reduce your pain by squashing inflammation. WebMD reveals what to eat and avoid.

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The Forks Over Knives video and series of books recommend a low-fat, whole-food, plant-based diet for health. Avoid all meat (including fish), dairy, eggs; also oils/fats and processed foods.

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Healthy Diet Foods List good weight loss food choices

One of the biggest problems people seem to have about being on a weight loss diet is the selection of foods they are going to be allowed to eat.

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The 17 Day Diet by Mike Moreno Food list What to eat

The 17 Day Diet (2011) is a low-processed food, low-sugar, low-fat body confusion diet that gets progressively less restrictive and can be used in cycles. Use this page as a cheat sheet alongside the book. Send this page to friends, family, and anyone else who you want to understand what you

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Good Eggs: For Nutrition, They're Hard to Beat. The egg is no longer a nutritional no-no

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Bearded Dragon Food Diet

A guide to feeding a bearded dragon and the food and diet requirements of the lizard.

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Low Carb Food List What Can You Eat on a Low Carb High

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A Ketogenic Diet for Beginners The Ultimate Keto Guide

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