

GOOD FOODS FOR A HEALTHY DIET



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Excellent sources of low-fat protein include eggs; skinless poultry, edamame or other beans; nuts; shrimp; crab; fish fillets; lean cuts of beef (like filet mignon); and pork tenderloin. When choosing meat, go for lean cuts, trim off all visible fat, and control your portions.

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50 Foods That Are Super Healthy

Grains have gotten a bad rap in recent years, mainly due to them being a forbidden food on the wildly popular paleo diet. However, it is a mistake to lump all grains together.

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15 Heart Healthy Foods to Work into Your Diet Health

15 foods that are good for your heart. Eat fish high in omega-3s, such as salmon, tuna, mackerel, herring and trout. A handful of healthy nuts such as almonds or walnuts will satisfy your hunger and help your heart. Berries are chock full of heart-healthy phytonutrients and soluble fiber.

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Heart Healthy Foods The 10 Best Additions to Your Diet

The 10 Best Foods for Your Heart. A heart-healthy diet can reduce your LDL (bad) cholesterol by 30 percent a similar drop to what you can get from statin drugs. These heart healthy foods are dietary magic bullets: They lower LDL cholesterol, raise good HDL cholesterol, and, best of all, don t require a prescription.

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50 Healthiest Foods Best Healthy Foods to Eat

These healthy foods have serious bragging rights. If you're eating most of these healthy foods already, good for you! and potassium," says Elizabeth Somer, RD, author of 10 Habits That

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5 Foods You Should Be Eating For Your Best Body Inside and

5 Foods You Should Be Eating For Your Best Body Inside and Out. By: Laurie S. Herr Say hello to the five foods below. As part of a balanced diet, they're proven to help you lose weight, keep your heart going strong and promote healthy, younger-looking skin. These tasty little gems are higher in antioxidants than nearly any other food

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Healthy Eating for a Healthy Weight Healthy Weight CDC

According to the Dietary Guidelines for Americans 2015-2020, a healthy eating plan: Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. Includes lean meats, poultry, fish, beans, eggs, and nuts. Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

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Healthy Foods List Seven Best Foods for Your Teeth

Almonds. Along with adding more leafy greens, dairy products and fibrous vegetables to your diet, pay attention to what you're drinking. Since it has no calories or sugar, water is always the best pick, especially compared to juice or soda. Your diet makes a big difference when it comes to a healthy smile.

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