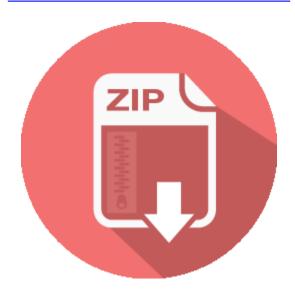
HEALTHY DIETARY PLAN



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Healthy Eating HelpGuide org

Simple Ways to Plan, Enjoy, and Stick to a Healthy Diet Healthy eating is not about strict dietary limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it s about feeling great, having more energy, improving your health, and boosting your mood.

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