

HEALTHY FOOD YOU SHOULD EAT



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15 Healthy Foods Which Must Be in Your Menu

It's a challenge to get your family to eat healthy. Yet many of the healthy foods which must be in your menu are not only great choices nutrition-wise, but are also tasty additions to any meal. Here's fifteen of the healthy foods that should find their way onto your weekly grocery shopping list.

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21 Health Foods You Should Never Eat No Matter What

Top Health Foods You Should Never Eat 1. Fruit Juice. Fruit juice is just as dangerous as soda, or nearly as bad, when you re drinking it in abundance. Think of it in this way: When you sit down to drink an 8-ounce glass of orange juice, you re consuming the juice of four medium-sized oranges in literally seconds or a few minutes at the most.

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