PLAN TO EAT HEALTHY

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Plan to Eat is amazing. Mind-blowing. It's changed the way I feed my family. I used to dread planning meals and making shopping lists. I would save recipes online, but somehow I never managed to work those recipes into my regular rotation. With Plan to Eat, all I do is drag & drop.

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Healthy Eating Plan National Heart Lung and Blood

A healthy eating plan: Emphasizes vegetables, fruits, whole grains, and fat-free or low-fat dairy products. Includes lean meats, poultry, fish, beans, eggs, and nuts. Limits saturated and trans fats, sodium, and added sugars. Controls portion sizes.

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Healthy Eating for a Healthy Weight Healthy Weight CDC

A healthy eating plan that helps you manage your weight includes a variety of foods you may not have considered. If healthy eating makes you think about the foods you can t have, try refocusing on all the new foods you can eat

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