

THE BEST FOOD DIET



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High in fiber and low in sugar, Fiber One, Total, Wheaties, and Kashi Go Lean top nutritionists' lists of the best cereals to choose at any hour.

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The Best Food Choices American Diabetes Association

The Best Food Choices. Today we know more about nutrition than ever before. There is a great deal of information out there and it can be hard to sort through sometimes. So how do we navigate it all? For starters, it will help to know the general principles of healthful eating listed below. Eat more vegetables, especially non-starchy vegetables.

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