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The foods most likely to contain trans fats are processed foods like chips, breakfast waffles, doughnuts, pastries, cookies, crackers, fast food products like deep-fried sandwiches and french fries. They are also in some margarines and spreads.

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Foods that Harm, Foods that Heal 2018 Y all already know how I feel about natural healing. Today I want to tell you about a new book from Reader's Digest entitled Foods that Harm Foods that Heal .

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