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Abstract While taking the course Human Nutrition, I learned that for a healthy life-style it takes following such simple health habits as avoiding smoking, drinking in moderation, eating a well-balanced diet, controlling weight, reducing stress, and exercising regularly.

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The paper's first element mentions how low-income families are unhealthy due to buying food that is pre-processed and high in sodium. The most likely food sources that are high in sodium are the ones that need to be microwaved or can be picked up when already cooked. Katherine Zeratzsky explains what the purpose of sodium is for food.

LOW-INCOME FAMILIES ARE UNHEALTHY DUE TO THE PROCESSED ...

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