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May 15th, 2013 - Discover the top 10 superfoods to add to your smoothies to make them the healthiest and tastiest ever guaranteeing you have the best day ever'

'The 29 Healthiest Foods on the Planet Belly Bytes

May 12th, 2018 - The following is a healthy food hot list consisting of the 29 food that will give you the biggest nutritional bang for you caloric buck as well as decrease your risk for deadly illnesses like cancer diabetes and heart disease'

'The Top 5 Healthiest Seeds Dr Group s Healthy Living

June 12th, 2014 - If you are looking for a quick and healthy snack eat more seeds There are many types of seeds that have benefits but these five are the best'

'Oats

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'Healthiest Nuts Benefits of Healthy Nuts Dr Axe

January 18th, 2014 - By Rachael Link MS RD More and more health benefits have emerged recently linking nut consumption to a decreased risk of chronic disease A recent study in the Journal of the American College of Cardiology for example showed that a higher intake of some of the healthiest nuts was associated with a lower risk of coronary heart disease"**Fats The Science Of Eating**

May 16th, 2018 - Saturated Fats and Trans Fats are known as the ? BAD FATS ? because they increase your risk of disease and elevate cholesterol they also tend to be Solid in form not Liquid"

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