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healthier or healthiest 1 enjoying good  
health 2 functioning well or being sound  
the company s finances are not very  
healthy 3 conducive to health salutary 4  
indicating soundness of body or mind a  
healthy appetite 5 informal considerable  
in size or amount a healthy sum ?healthily  
adv ?healthiness n

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eating while some extreme diets may  
suggest otherwise we all need a balance of  
protein fat carbohydrates fiber vitamins  
and minerals in our diets to sustain a  
healthy body you don t need to eliminate  
certain categories of food from your diet  
but rather select the healthiest options  
from each category

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berries include cherries grapes grapefruit  
kiwi lemons mangoes melons olives peaches  
pears pineapples plums and raspberries 7  
eggs eggs are among the most  
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involves time commitment and a willingness  
to change however with some dedication you  
can start building habits you can feel  
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routine 1 exercise every day

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eating pattern should be primarily  
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