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Americans die from heart disease and heart-related conditions, according to the Centers for Disease Control and Prevention (CDC). In fact, it's the leading cause of death in the United States. In terms ...

**25 Foods That Are
Good For Your
Heart—From Fruits**

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**and Veggies to
Heart-Healthy Nuts
and Seeds**

We asked a few registered dietitians to share with us some of the foods you should make a regular part of your routine if you're over 50.

**Over 50? Here Are
The Best Foods To
Eat Every Day, Say
Dietitians**

Whether you just turned 60 or you're

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well into your golden years, it's important that you're eating foods that keep your heart and mind healthy. As Angie Asche MS, RD, CSSD owner of Eleat Sports ...

Over 60? Here Are the Best Foods To Eat Every Day, Says Dietitian

Yes, you can eat carbs and be healthy. In fact, a specific kind might just be the best

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ingredient in the overall recipe for a heart-healthy diet. Eating more whole grains is linked to lower risk for ...

The #1 Food to Eat for Better Heart Health, According to Research

While life is certainly bound to throw curveballs that we cannot anticipate or prevent, it still holds true that the food

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habits we live by now
play a major role in
how we will live and
age in the ...

‘I’m a Cardiologist, and These Are the 7 Best Sources of Protein I Recommend Eating for Heart Health and Longevity’

Many of us have a
love/hate relationship
with sugar. As hard as
we try to avoid it, when
a craving strikes, it's

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hard to say no.

Because let's face it:

Sugar is delicious! But
too much added sugar
in ...

**Ditch the Sugar!
These 52 Delicious
Low-Sugar Foods
Will Keep You
Healthy and
Satisfied**

Senior dietitian Victoria
Taylor explains what
we can learn from the
eating habits of other
countries. In the UK,

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we're lucky to have embraced a broad diversity of foods. Variety may well be the spice ...

10 things other nations can teach us about healthy eating

Whether you've been inspired by the new Henry Dimbleby report into the UK food industry or you just can't live with your lockdown love handles another day, there is

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no better time to start
losing ...

Michael Mosley: My eight ways to lose weight this summer and keep it off for good

Making simple tweaks
to your dietary habits
is the best way to bring
about lasting and
sustainable change.
Here's ...

Three easy ways to lose weight by

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Healthy Slow Cooker Recipes **changing what - and how - you eat**

HOUSTON • Some area youth were recently given hands on experience in the kitchen thanks to the “Fun with Food” program at the Mississippi State Extension Service.

**“Fun with Food”
offers kids lessons
on healthy cooking,
eating**

Not only are pumpkin,

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sesame and other seeds dense in minerals, healthy fats, antioxidants and other nutritional goodies, they are also delicious and undeniably versatile in the kitchen.

Seeds to the rescue: these tiny, edible treats are delicious and healthy

Do you suffer from constipation and other digestive issues during monsoon? Start eating

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these high-fibre foods
to find relief.

High-Fibre Diet for Monsoon: Eat These Foods For Better Digestive Health

If you are trying to increase your T levels, you might want to stay away from the foods we are going to be talking about today. After all, low testosterone is a serious concern.

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12 Foods That Kill Testosterone and Some Remedies

The foods you eat before drinking can not only help you to stay hydrated and full throughout a night of boogieing and sipping on your preferred poison, but the meal you eat can also play a part in how ...

**What to eat before
drinking - foods to
have before, during**

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and after a night out

Most Americans know firsthand how delicious beef can taste in salads, appetizers, and entrees. But many are less aware of how a diet rich in the savory red meat promotes strength and overall ...

**Eat like the elite:
Athletes know beef-
rich diets can spur
good health**

I have already seen a few first-day of school

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pictures – back-to-
school time is here.

Setting your student up
for success should
include making sure
they have good
nutrition choices ...

LIVE HEALTHY HARTSVILLE: Back to school nutrition

Tom Merton/Getty
Images Recognizing
that millions of U.S.
children are at risk of
hunger, Maine and
California have

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approved funding to
offer free school meals
to all students within ...

Free school meals for all children can improve kids' health

English News and Press
Release on Kenya
about Agriculture, Food
and Nutrition, Drought
and more; published on
13 Jul 2021 by Islamic
Relief ...

“Our children are healthy because

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**they now eat food
fresh from the farm”**

It may be mid-summer,
but back-to-school
season is just around
the corner. While the
world is slowly
returning to normal, it
can be a hectic time for
you and your ...

**Encourage your kids
to keep healthy
habits this school
year**

The importance of oral
health will be

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highlighted during
Dental Health Week.
Children, families and
staff at early year
services within the
Lower Hume (Mitchell
and Murrindindi Shires)
are getting ...

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