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help you sort through the latest research and advice nutrition basics come down to eating wholesome foods that support your health

*healthy living guide 2020 2021 the nutrition source* Jul 15 2023 [ ] [ ] [ ] 2021 [ ] [ ] [ ] 19 [ ] beyond immunity research has shown that individuals following five key habits eating a healthy diet exercising regularly keeping a healthy body weight not drinking too much alcohol and not smoking live more than a decade longer than those who don t plus maintaining these practices may not only help us live longer but also

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