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29 nutrition tips to improve health for everyone

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1 include protein with every meal including some protein with every meal can help balance blood sugar some studies suggest higher protein diets can be beneficial for type 2 diabetes

27 health and nutrition tips that are actually evidence based

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27 natural health and nutrition tips that are evidence based sodas nuts and seeds avoid upfs coffee fish sleep gut bacteria hydration charred meats bright lights vitamin d fruits

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good nutrition is one of the keys to a healthy life you can improve your health by keeping a balanced diet you should eat foods that contain vitamins and minerals this includes fruits vegetables whole grains dairy and a source of protein ask yourself the following questions

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25 simple tips to make your diet healthier

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