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the essential good food pdf

Food rich in fats are oils, butter, lard, milk, cheese and some meat. Vitamins and Minerals - Vitamins and minerals are needed in very small amounts. and are sometimes called micronutrients, but are essential for good health.

The Importance of Food - Concern Worldwide

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A journal about exploring tasty and healthy food by taking off instead of adding.

the essential food

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fresh tuna are rich in essential fatty acids, important for a healthy heart, brain and body. 3 BANANAS Full of potassium and fibre which are both essential for good health, bananas are the ultimate convenient nutritious snack for boosting energy levels. 4 POTATOES A good source of vitamin C and fibre (if you eat the skin!), potatoes are versatile, inexpensive and a great source of carbohydrate ...

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