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I Love To Eat Fruits

You might not love 'em, but here's why you should eat your fruits and veggies anyway. You could become deficient in vitamins and minerals Fruits and vegetables contain some of the most vital nutrients for our health , but a study from the Centers for Disease Control and Prevention showed that only one in 10 adults ate the USDA-recommended ...

Eat More Fruits and Veggies: Here's Why | The Healthy

02 /6 Why eat only fruits and vegetables Well, because of its benefits. Not only do fruits and vegetables help in weight loss, they are also a benchmark for a healthy and well balanced lifestyle.

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