

Food that's good for a healthy heart

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By Nitin Jain

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<http://www.vitaminsdiary.com/nutrients.htm>

In fact, you can plan your war against

heart disease in your kitchen. Here is how:

<http://www.vitaminsdiary.com/>

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By News Canada

Here are some tips to help you understand how to eat any foods without a big serving of guilt.

Choose and enjoy a variety of foods every day. This will help you maintain a balanced diet.

Balance your food choices over time. Not every food has to be perfect.

There are no bad foods, only bad choices. Choosing a balanced diet has never been so easy.

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