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Sun, 17 Jun 2018 04:45:00 GMT - Recipes and Tips for Healthy, Thrifty Meals United States Department of Agriculture Center for Nutrition Policy and Promotion . FOREWORD The essence of nutrition guidance is to provide the public with the best information available to assist them in making wise and nutritious food choices to sustain life and good health. As public officials in the U.S. Department of Agriculture, we are deeply ...

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Healthy Food for Life Your guide to healthy eating -

Mon, 18 Jun 2018 20:21:00 GMT - Heart Healthy Home Cooking African American Style With Every Heartbeat Is Life. Heart Healthy Home Cooking African American Style With Every Heartbeat Is Life NIH Publication No. 08-3792 Revised May 2008. Special thanks to Wahida Karmally, Dr.P.H., R.D., CDE, CLS, and her colleagues at the Irving Center for Research at Columbia University for testing the recipes with the African American ...

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