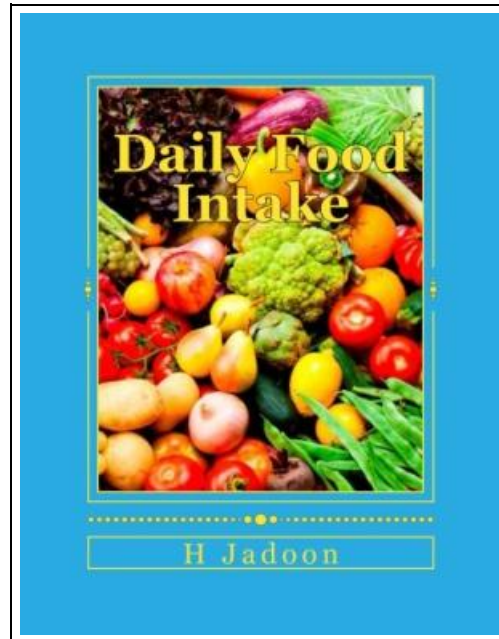


Daily Food Intake: Healthy Foods (Paperback)



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DAILY FOOD INTAKE: HEALTHY FOODS (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Large Print. Language: English . Brand New Book ***** Print on Demand *****.The healing power of healthy food is well known for centuries throughout the world history. There is famous Irish proverb; Laughter is brightest where food is best. Food nutrition is a key element in maintaining our overall physical health. We must always pay attention to the foods that we eat because they will eventually affect our health, for better or for worst. We all prepare numerous recipes in different events and occasions. But do all of us aware to the question that the food we are consuming is good to our health or not? The answer is bit difficult. We are now in era of modern technology which allows as looking at food how and when we can get full benefits of naturally herbs, food and fruits. In this guide I have sum up several healthy food items which is extremely helpful in normal daily work and tough times of life like foods during women s pregnancy, after child birth and in different severe diseases like diabetes, cancer, hair loss weight loss etc. As a food consumer this guide will provide you exact information about the foods to be taken and the foods we need to be avoided. Balanced diet and good health leads to successful life along other benefits.



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