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Healthy eating means picking all natural foods from the basic food groups; meats, dairy, fruits and vegetables, grains and stop eating too many sweets and fats. The first step in eating healthy is to know the good fats from the bad fats. Fats are another vital part to a healthy diet. Good fats...show more content....

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Essay on Healthy Lifestyle . Maintaining a healthy lifestyle is essential for everyone. When we say the word health, it includes physical as well as mental health. Present lifestyle has become very hectic and confusing, people ignore their health and are always on the go. This leads to many diseases and problems in the long run.