

Healthy Eating

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Notice and Disclaimer

The information in this book provides a general overview of healthy eating and weight management and may not apply to everyone To determine if this information applies to you and to get more information, seeing a registered dietitian and/or consulting your physician is recommended.

The purpose of this book is to educate It is not intended to provide medical advice, or

to substitute for the advice of your physician The reader should consult his or her physician before beginning any nutrition, weight loss, or exercise program.

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