

**Real Food: What To Eat And Why By Nina Planck,
Nina Teicholz**

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Nina planck real food

Nina Planck writes about real food, traditional foods, agriculture, health, nutrition, pregnancy, babies, and children.

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Science compared every diet, and the winner is real food

Science Compared Every Diet, and the Winner Is Real Food. "If you eat food direct from nature," Katz added, If you focus on real food,

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