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Nutrition Made Easy

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skinny on these five foods that burn extra calories and keep you feeling fuller longer. Upton, MS, RD.



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In-Shell Pistachios

In-shell pistachios are a good low-cal source of protein, with a filling 6 grams of protein per ounce and only 100 calories per 30-nut serving. Researchers at Eastern Illinois University reported that eating in-shell pistachios resulted in eating 41% less calories compared to those who ate shelled nuts. The logic is that the nuts' shell helps to trick the brain into thinking that you've eaten more than you actually have. For a super satisfying snack that won't weigh you down, keep a bag of these unshelled nuts handy.

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Caramelized butternut squash with bacon



LifeFactopia

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NOV 22

Creamy, Light Macaroni and Cheese
Instead of the traditional buttery, heavy sauce present in most mac and cheese recipes, we turned to an unlikely hero... [see full calendar](#)

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MiracleGarciniaCambogia.com

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Trimdownclub.com

5 Foods you must not eat:

If you never eat these 5 foods, You will burn belly fat every day!
www.BeyondDiet.com/Lose-Weight



sides, appetizers, and drinks that are sure to soothe your family with the simple joys of comfort food.

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