



TIME 100 Healthiest Foods and How to Eat Them

By The Editors of TIME

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Eating healthy meals shouldn't be complicated or bland. To make it simple and delicious, TIME's editors have curated a list of the 100 healthiest foods you should be eating now, based on the latest science and the current wisdom about nutrition.

Highlights of this special edition:

- 100+ recipes to make it no-excuses easy to eat healthfully on a regular basis
- Shopping lists and seasonal tips to get the best value from fresh food
- Calorie and nutritional information for every food, as well as their health-promoting properties

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