

3 Top Websites for Healthy Eating

 Will Coon, Yahoo! Contributor Network
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Eating healthy is on the minds of many people today. The question is where can we find reliable information? That is what I had to answer after a recent visit to the doctor. After looking at many websites I found three websites that proved to be informative and reliable. While I like all of these websites they each offer something different. These three sites can help you to learn about healthy eating, offer great recipes and tools to keep anyone on track.

[Healthcastle.com](#)

HealthCastle.com was started by Gloria Tsang in 1997 when a family member was diagnosed with cancer. Gloria is a registered dietitian and the site is full of quality information all from registered dietitians. One of the features that I really liked is the 101 section where you can gain a basic knowledge of vitamins and minerals what they do, how much we need and where to find them. In addition if you sign up for the free newsletter you will be able to print several valuable guides for vitamins, minerals, iron, calcium and a handy shopping guide. Over all healthcastle.com provides and abundance of quality information that is will organized and easy to understand.

[EatingWell.com](#)

EatingWell.com is the online companion to Eating Well magazine. The site is full of great recipes that are easy to search and find just what you are looking for. Under the Recipes & Menus tab you can find lots of great recipes sorted into different categories including recipes for two, recipes for kids, recipes for dinner and easy recipes. When you click on the Diet tab you will find recipes that have been organized based on various health concerns. For example if you have high cholesterol you will find diet guidelines, menus, recipes, and even a video on the topic. EatingWell.com offers lots of great recipes no matter what your health concern is.

[SparkPeople.Com](#)

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 **My Top 3 Favorite Websites for Healthy Recipes**
Be bold and try new recipes which include your family's favorite foods in the ingredients list, and remember to cook for your family's health, to protect those you love.

 **Eating Healthy Made Easy - Top Three Healthy Eating Websites**
A review of three healthy eating websites that make eating healthy easy.

Does Your Weight Loss Plan Include These 10 Essential Steps?
The 10 essential components of a weight loss plan that make or break your weight-loss efforts. Learn what they are and how they can enhance the results of your weight loss efforts.

Weight Loss Factors: Genetics, Environment and Psychology
Weight Loss Management is a serious health issue in America and the opinions on how to control the weight differ. What's certain is its importance and consistent control for good health. While opinions differ, some so...

Is Xenadrine A Good Weight Loss Product?
The weight loss industry exploded in the 1990's with new and improved drugs such as Fen-Phen, and new promises of being able to loose weight without exercise.



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She Lost Over 50lbs. You Can Too! Start Using Organic Liaison Today.
[www.OrganicLiaison.com](#)

Free healthy eating plan
Get A Free Customized Diet & Meal Plan, Fitness, Food Tracker & More!
[SparkPeople.com/Free_Diet_Plans](#)

Healthy Food Ideas
Looking for fresh Ideas? Ask our community of foodies
[www.wetawa.com](#)

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- [Top 3 Websites to Guide You to Healthy Eating and Weight Loss](#)
- [Diet Tips for Successful Weight Loss](#)
- [Top Websites with Healthy Recipes for Kids](#)
- [Top Health Food Stores in St. Louis, Missouri](#)
- [Three Top Websites for Healthy Eating](#)
- [3 of the Best Websites for Healthy Eating Information](#)

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Lose up to 2 lbs/wk & keep it off. 11 Weight Loss Centres in Vancouver
[www.herbalmagic.ca](#)

Diet Snacks
Discover New Ways To Add Fibre To Your Diet With All-Bran Bars.
[www.AllBran.ca](#)

Special K Challenge
Helping You Achieve & Maintain A Healthy Body Weight. Learn More Now
[www.Specialk.ca](#)

Lose Belly Fat Naturally
Learn Proper Eating Habits Mention This Add to Save 15%
[www.drfabbro.com](#)

Top 3 Weight Loss Pills
2011's Top Weight Loss Pills. Fast Shipping. Lifetime Guarantee.
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