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## [NIH News in Health: Healthy Eating](#)

NIH News in Health is a monthly newsletter from the National Institutes of Health, part of the U.S. Department of Health and Human Services. This [special edition](#) features a collection of popular stories on healthy eating. You can download a [PDF version](#) for printing.

### Healthy Eating

- [Plan Your Plate: Shifting to a Healthy Eating Style](#)
- [Sweet Stuff: How Sugars and Sweeteners Affect Your Health](#)
- [The Skinny on Fat: The Good, the Bad, and the Unknown](#)
- [The Salty Stuff: Salt, Blood Pressure, and Your Health](#)
- [Rough Up Your Diet: Fit More Fiber Into Your Day](#)
- [Better Nutrition Every Day: How to Choose Healthier Foods and Drinks](#)

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