

**The 150 Healthiest Foods On Earth: The Surprising,
Unbiased Truth About What You Should Eat And Why**
By Jonny Bowden



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Nutrition expert Jonny Bowden discusses his book, The 150 Healthiest Foods on Earth.

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Vitamin C 150% of your daily recommendation, so you're more than covered. but it deserves its own ranking on the list of world's healthiest foods.

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Dr. Jonny Bowden, Ph.D., is among the best-respected experts on food and nutrition, and we're offering his complete guide to the healthiest foods you can eat.

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