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In botany, a **fruit** is a part of a flowering plant that derives from specific tissues of the flower, one or more ovaries, and in some cases accessory tissues. **Fruits** ...

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## [Dried fruit - Wikipedia, the free encyclopedia](#)

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Dried **fruit** is **fruit** from which the majority of the original water content has been removed either naturally, through sun drying, or through the use of specialized ...

## [Fruits & Veggies More Matters : Health Benefits of Fruits ...](#)

[www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

A nonprofit organization designed to increase consumption of **fruits** and vegetables to 5 or more servings a day to improve health of Americans. Recipes, cooking for ...

## [Diet Plans - About.com Weight Loss](#)

[weightloss.about.com/od/morediet1/u/diets.htm](http://weightloss.about.com/od/morediet1/u/diets.htm)

How do you choose the best **diet plan** for you? Find everything you need to know about popular diets **plans** and learn how to figure which one is right for you.

## [Fruit Group - MyPlate](#)

[www.choosemyplate.gov/preschoolers/daily-food-plans/about-fruit.html](http://www.choosemyplate.gov/preschoolers/daily-food-plans/about-fruit.html)

Focus on **Fruits**. Help your preschooler learn to eat and enjoy a variety of **fruits**. Eating **fruit** provides a variety of health benefits. **Fruits** contain many vitamins ...

## [DietHealthClub - Healthy Diet for Prevention of Various ...](#)

[www.diethealthclub.com](http://www.diethealthclub.com)

A nutritious balanced **diet** is a key to good health. A healthy **diet** could treat weight loss or weight gain issues and restore one to be healthy

## [Healthy Eating: Easy Tips for Planning a Healthy Diet ...](#)

[helpguide.org/life/healthy\\_eating\\_diet.htm](http://helpguide.org/life/healthy_eating_diet.htm)

Healthy eating tip 1: Set yourself up for success. To set yourself up for success, think about planning a healthy **diet** as a number of small, manageable steps rather ...

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