

Title:

Making the Grade with Healthy Eating

Word Count:

454

Summary:

Health eating is the way to go and this article explains why. Plus gives you hints and tips to

Keywords:

headache, alternative medicine, holistic, health, pains, cure, treatment, holistic, health, yoga, herbal

Article Body:

Making the Grade with Healthy Eating

College is one of the most difficult times of life to practice healthy eating. Because of your

Make smart decisions when you are eating at your college's cafeteria. Most students are provided

Scheduling times to eat is also important. When you register for classes, look at the day with

The weekends can be very challenging for college students because of the pressure to go to parties

Of course, alcohol is also a great way to ruin a diet. Beer and mixed drinks have a lot of empty

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