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i found this list online. i like lists like this as they allow me to learn about foods i haven t encountered yet. there are a lot of things i haven t tried yet.

The 100 foods you should be eating: how to source,

The 100 Foods You Should be Eating: How to Source, Prepare and Cook Healthy Ingredients Glen Matten 9781847734402 New Holland Publishers Ltd

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GLEN MATTEN Nutrition and Naturopathy. Easy Living and many others. He is the author of two books, The 100 Foods You Should Be Eating and The Health Delusion,

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