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the new atkins diet pdf

The potato is a starchy, tuberous crop from the perennial nightshade *Solanum tuberosum*. In many contexts, potato refers to the edible tuber, but it can also refer to the plant itself. Common or slang terms include tater and spud. Potatoes were introduced to Europe in the second half of the 16th century by the Spanish. Today they are a staple food in many parts of the world and an integral part ...

Potato - Wikipedia

Health is the ability to adapt and manage physical, mental and social challenges throughout life. As defined by the World Health Organization (WHO), health is "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." This WHO definition has been subject to controversy, as it may have limited value for implementation.

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