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THE 10 THINGS YOU NEED TO EAT AND 100 WAYS TO PREPARE THEM pairs New York Times health columnist Anahad O'Connor with foodie Dave Lieberman to present the 10 foods that should be on your plate, including the scientific research on why they will make you healthier and easy-to-follow recipes to savor them at every meal.

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The 10 Things You Need to Eat - Dave Lieberman's Blog

That's what The 10 Things You Need to Eat is all about. My friend Anahad O'Connor, who is a health reporter at The New York Times , and I were getting quite frustrated with the superfood noise because we saw the truly good foods getting lost amid all the silly hype.

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