

# Eating In Color

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## TOP 10 BEST Restaurants in Charlotte, NC - Updated 2026 - Yelp Healthy Eating Tips | Nutrition | CDC

### The best restaurants in Charlotte | (Updated 2026)

[Best Restaurants in Charlotte NC: A Local's Guide \(Updated 2026\)](#)

### Healthy Eating - Nutrition.gov

[Six simple ways to smarter, healthier eating - Harvard Health](#)

### Eating - Wikipedia

[EatingWell: Healthy Recipes, Healthy Eating](#)

[Academy of Nutrition and Dietetics: eatright.org](#)

### Eat This, Not That: Health, Nutrition, Weight Loss & Recipes

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