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Editor-in-chief

## THE GOURMET NUTRITION MAGAZINE

### EAT BETTER - MOVE BETTER - HEALTHY

Vital Food helps its readers cultivate a happy lifestyle, backed by expert guidance.

Focusing on raw and natural products, Vital Food promotes healthy and balanced nutrition. With a modern and playful tone, the magazine combines the latest culinary trends with healthy recipes.

The wellness section complements the editorial line, offering tips to stay active and improve overall health.

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