Accepted Manuscript

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PII: S0195-6663(16)30037-X

DOI: 10.1016/j.appet.2016.02.002

Reference: APPET 2854

To appear in: Appetite

Received Date: 23 February 2015

Revised Date: 24 September 2015

Accepted Date: 1 February 2016

Please cite this article as: Wagner M.G., Rhee Y., Hert-Honrath K., Blodgett Salafia E.H. & Terbizan D., Nutrition education effective in increasing fruit and vegetable consumption among overweight and obese adults, *Appetite* (2016), doi: 10.1016/j.appet.2016.02.002.

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ACCEPTED MANUSCRIPT

NUTRITION EDUCATION EFFECTIVE IN INCREASING FRUIT AND VEGETABLE CONSUMPTION AMONG OVERWEIGHT AND OBESE ADULTS

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