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From : "Apple News" newsdigest@insideapple.apple.com

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Subject : The diet that could add 10 years to your life, why eggs are so expensive, and more



## Good Morning From Apple News

It's Sunday, January 29. Here are some of the most popular reads of the month.

### BETTER LIVING

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 News+

## This American Diet Could Add 10 Years to Your Life

The eating habits of some of the world's longest-living people can also be found in the U.S.

NATIONAL GEOGRAPHIC >

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### BIG BUSINESS

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## Why Egg Prices Are Soaring

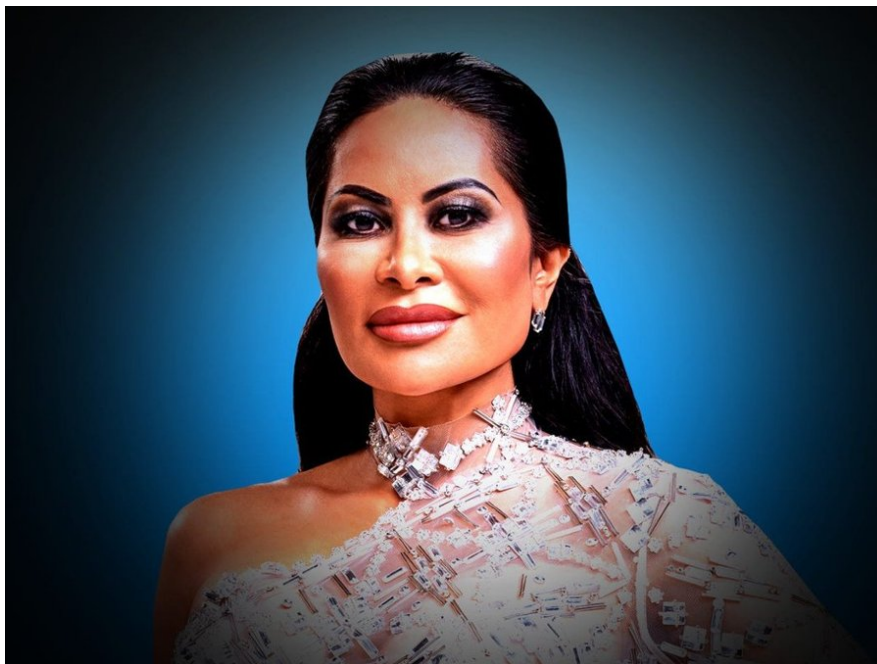
\$18 a dozen? Breaking down those eye-popping prices at the grocery store.

THE GUARDIAN >

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### SCANDAL

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News+

## How a *Real Housewives* Star Scammed People Out of Millions

Jen Shah flaunted her wealth onscreen. But she was always vague about how she made her money.

BUSINESS INSIDER >

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### WHO KNEW?

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## The Science Behind the Rarest Eye Color in the World

Just 2% of the population has it.

READER'S DIGEST >

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### LIFESTYLES

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## Get Ready for the “Richcession”

If the economy goes downhill this year, experts say wealthy Americans may take a particularly big hit.

THE WALL STREET JOURNAL >

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## Inside the Culture War Over Kids' Sleepovers

And what it reveals about American parenting.

THE WASHINGTON POST >

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