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Worst Frozen Foods and Meals

Do you ever eat frozen meals? I do, and looking at this list I'm going to have to make a few changes to my diet! Take a look at the unhealthiest frozen foods you can buy, by clicking on the link below.

Frozen meals may be portion controlled, but that doesn't mean fat and calories are. To expose the worst of the worst, AOL Health teamed up with three experts -- nutritionist [Stephanie Middleberg](#); Dr. David Colbert, author of "[The High School Reunion Diet](#)"; and [Dave Zinczenko](#), editor-in-chief of [Men's Health](#) and author of the "[Eat This, Not That](#)" series.

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