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healthy diet Apr 24 2024 000 2020 4029 a healthy diet includes the following fruit vegetables
legumes e g lentils and beans nuts and whole grains e g unprocessed maize millet oats wheat and
brown rice at least 400 g i e five portions of fruit and vegetables per day 2 excluding potatoes sweet
potatoes cassava and other starchy roots
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against many chronic noncommunicable diseases such as heart disease diabetes and cancer eating a
variety of foods and consuming less salt sugars and saturated and industrially produced trans fats are
essential for healthy diet a healthy diet comprises a combination
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healthy eating nutrition gov Dec 20 2023 [1] explore examples from each food group to help you
choose healthy options that meet your personal preferences cultural foodways and budget get
resources to help you eat a healthy diet with vegetables fruits protein grains and dairy foods
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main message of the healthy eating plate is to focus on diet quality the type of carbohydrate in the diet
is more important than the amount of carbohydrate in the diet because some sources of carbohydrate
like vegetables other than potatoes fruits whole grains and beans are healthier than others
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nutrition and healthy eating nutrition basics mayo clinic Aug 16 2023 000 2023 11 21 it s true
that knowledge about nutrition and diet evolves over time but there are some nutrition basics that can

help you sort through the latest research and advice nutrition basics come down to eating wholesome foods that support your health

healthy living guide 2020 2021 the nutrition source Jul 15 2023 [ ] 2021 [ ] 10 beyond immunity research has shown that individuals following five key habits eating a healthy diet exercising regularly keeping a healthy body weight not drinking too much alcohol and not smoking live more than a decade longer than those who don't plus maintaining these practices may not only help us live longer but also

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