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latest nutrition news because it s always changing 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 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 moderate amounts of fats and oils are part of a healthy diet fats and oils are concentrated sources of energy and eating too much fat particularly the wrong kinds of fat can be harmful to health for example people who eat too much saturated fat and trans fat are at higher risk of heart disease and stroke maintaining good health by mayo clinic staff when you think of adult health you may think about ways to stay healthy they might include doing all you can to prevent cancer getting 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