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various foods from the major food groups fruits vegetables grains low fat dairy products lean protein sources and nuts does it include foods you like and that you would enjoy eating for a lifetime not just for several weeks or months can you easily find these foods in your local grocery store apr 29 2020 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 a the food and drink that a person animal or group usually takes many birds live on a diet of insects b the kind and amount of food selected for a person or animal for a special reason as improving health a high protein diet c a plan of eating and drinking less than usual so as to reduce one s weight mar 27 2022 the dash diet recommends specific servings of different food groups the number of servings you are encouraged to eat depends on your daily calorie intake for example each day an average person the diet plan aims to lose about 3 to 5 pounds of the total weight of your body by shedding fat from your thighs buttocks hips and abdomen it works perfectly for the people who are trying to lose weight rapidly the keto diet plan do s and don ts there are several guidelines that should be followed while following the diet plan for rapid fat loss jan 18 2023 best diet for a nutrient boost nordic diet the best diets for 2023 rated by experts best for overall health mediterranean diet 5 0 fresh fruits and vegetables whole grains nuts and legumes best diets 2023 well researched diet plans with rankings meal plans and weight loss tips so you can find the best fit for you best diets overall 1 mediterranean diet 2 dash diet

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