

# Free epub Color me vegan maximize your nutrient intake and optimize your health by eating antioxidant rich fiberpacked col (Download Only)

who fact sheet on healthy diet with key facts and information on essential dietary elements practical advice salt sodium and potassium sugars health diet promotion who response according to the dietary guidelines for americans 2020 2025 a healthy eating plan emphasizes fruits vegetables whole grains and fat free or low fat milk and milk products includes a variety of protein foods healthful options include seafood lean meats and poultry eggs legumes beans and peas soy products nuts and seeds the foods you eat have the power to help you live a longer healthier life choose the right foods and you ll fuel your body with the nutrients it needs to prevent nearly every disease and dysfunction from cataracts infertility and neurodegenerative conditions to cardiovascular disease and cancer at a glance use the graphic below to show the many benefits of healthy eating for adults among the benefits are stronger bones enhanced immunity and lower risk of some diseases benefits may help you live longer keeps skin teeth and eyes healthy supports muscles boosts immunity strengthens bones healthy eating is important for many reasons including fueling your body acquiring necessary nutrients lowering your disease risk increasing your longevity and promoting optimal mental and includes a variety of foods from the major food groups fruits vegetables whole grains low fat dairy products and lean protein including beans and other legumes nuts and seeds and healthy fats provides guidelines for how much food to choose from each group

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the foods you eat have the power to help you live a longer healthier life choose the right foods and you ll fuel your body with the nutrients it needs to prevent nearly every disease and dysfunction from cataracts infertility and neurodegenerative conditions to cardiovascular disease and cancer

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at a glance use the graphic below to show the many benefits of healthy eating for adults among the benefits are stronger bones enhanced immunity and lower risk of some diseases benefits may help you live longer keeps skin teeth and eyes healthy supports muscles boosts immunity strengthens bones

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healthy eating is important for many reasons including fueling your body acquiring necessary nutrients lowering your disease risk increasing your longevity and promoting optimal mental and

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