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diet — such as the Mayo Clinic Diet — can reduce your risk of weight-related health problems, such as diabetes, heart disease, high blood ... Apr 29, 2026 · According to the Dietary Guidelines for Americans, a healthy eating plan: Emphasizes vegetables, fruits, protein, dairy without added sugars, healthy fats, and whole grains. Includes ... Healthy diets come in many forms, but the four core principles of adequacy, balance, moderation and diversity should be the foundation of any healthy diet. A diet must also be safe to be healthy, i.e. free ... From healthy diet plans to helpful weight loss tools, here you'll find WebMD's latest diet news and information. Feb 23, 2026 · For the healthiest diet, rely as much as possible on whole foods (that is, unprocessed foods, such as broccoli, apples, and almonds) and minimally

processed foods (such as plain yogurt, ... Aug 5, 2019 · Here are the 9 best diet plans to help you improve your overall health. 1. The Mediterranean diet has long been considered the gold standard for nutrition, disease prevention, ...

The 9 Best Diet Plans: Sustainability, Weight Loss, and More

Diet (nutrition) - Wikipedia
[Healthy diet - World Health Organization \(WHO\)](#)

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