

**Q: What is a balanced diet?**

A: A balanced diet includes a variety of foods from all food groups: fruits, vegetables, protein, dairy, grains, and fats.

**Q: How many meals should I eat a day?**

A: It's generally recommended to eat 3 main meals and 1-2 healthy snacks per day.

**Q: Why is breakfast important?**

A: Breakfast kick-starts your metabolism and provides energy for the day.

**Q: What are healthy sources of protein?**

A: Lean meats, fish, eggs, beans, lentils, tofu, and nuts are good sources of protein.

**Q: How much water should I drink daily?**

A: Aim for 8-10 cups of water per day, depending on your body and activity level.

**Q: Is it okay to eat carbohydrates?**

A: Yes, complex carbs like whole grains, fruits, and vegetables are essential for energy.

**Q: What fats should I avoid?**

A: Trans fats and excessive saturated fats should be limited or avoided.

**Q: What are good sources of dietary fiber?**

A: Whole grains, fruits, vegetables, and legumes are excellent sources of fiber.

**Q: Should I take dietary supplements?**

A: If you have deficiencies or specific health conditions, supplements might help, but food is the best

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**Q: How can I reduce sugar in my diet?**

A: Avoid sugary drinks, check labels, and choose natural sweeteners like fruit.

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