# **MAYO DIET PLAN**



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## The Mayo Clinic Diet Donald D Hensrud M D

Donald D. Hensrud, M.D., is the director of the Mayo Clinic Healthy Living Program. He is a consultant in the departments of General Internal Medicine and Preventive, Occupational and Aerospace Medicine at Mayo Clinic Rochester, Minn., and an associate professor of nutrition and preventive medicine at Mayo Clinic College of Medicine.

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