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You will have won half the healthy diet battle if you have a well-stocked kitchen, a stash of quick and easy recipes, and plenty of healthy snacks. Plan your meals by the week or even the month One of the best ways to have a healthy diet is to prepare your own food and eat in regularly.

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Developing healthy eating habits isn't as confusing or as restrictive as many people imagine. The essential steps are to eat mostly foods derived from plants vegetables, fruits, whole grains and legumes (beans, peas, lentils) and limit highly processed foods. Here are our guidelines for building a healthy diet.

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A balanced diet for women BBC Good Food

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Healthy Eating Plan

A healthy eating plan gives your body the nutrients it needs every day while staying within your daily calorie goal for weight loss. A healthy eating plan also will lower your risk for heart disease and other health conditions.

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A good diet must include a balance of several food groups, as no single group can provide everything we need for good health.

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