

[HEALTHY EASY DIETS](#)



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The final component: healthy plant-based fats, found in olive oil and avocados, which are unsaturated and cholesterol-free, unlike the old animal fats. For the super foods you should include in your meals, see The 30 Healthiest Foods. And for healthy recipes that incorporate a number of super foods, see Four Delicious, Balanced Meals.

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If you want to lose weight with a simple diet, eat plenty of lean protein and at least 5 servings of vegetables every day, especially green veggies like broccoli, kale, and spinach. Switch to whole grains rather than refined carbohydrates, and replace your desserts with fresh fruit like bananas or apples.

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Nutrition and healthy eating Healthy diets Mayo Clinic

Do you want to adopt a healthy diet but aren't sure where to start? As you consider the parade of healthy diets in magazines and cookbooks, make sure to look for one that:

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How to Lose 10 Pounds Fast Weight Loss Plan

An Easy 6-Day Plan to Lose 10 Pounds. Get the motivation you need to slim down and stick with it. 28 Healthy Snacks for Weight Loss 30 Delicious Low Calorie Foods for Weight Loss

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