

## [WHAT FOODS TO EAT FOR A HEALTHY DIET](#)



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Healthy Weight Tip. Set goals to eat healthy like replacing full-fat version of foods such as milk, yogurt, and salad dressing with the fat-free or low-fat kind.

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Eat Healthfully and Enjoy It! A healthy eating plan that helps you manage your weight includes a variety of foods you may not have considered. If healthy eating makes you think about the foods you can't have, try refocusing on all the new foods you can eat Fresh, Frozen, or Canned Fruits don't think just apples or bananas. All fresh, frozen, or canned fruits are great choices.

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The Best Diets for Healthy Eating ranking weighs nutritional completeness and safety, with a particular

emphasis on safety. At the top of this list is the Mediterranean diet, followed by the DASH

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### **How to Eat Healthy HHS gov**

Commit to incorporating one new healthy eating goal each week over the next six weeks. You can track your progress through PALA+ . Make half your plate fruits and vegetables: Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals.

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A healthy a.m. meal, on the other hand, can give you energy, satisfy your appetite, and set the stage for smart decisions all day long. 10 Best Foods to Eat for Breakfast then eggs are a

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