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4. Nuts Are All Fine. Therefore, Peanut Butter Is
Fine. 5. Chocolate Is Allowed But Watch For Milk Chocolate. 6. For Breakfast Cereal,
Rice Krispies Are The Most Ideal. 7. Pasta Is All Fine. Gluten Gluten Is A Protein In
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Low-fat Diet, Low-carb
Diet—or 'low Both'? Showing That A Low-carbohydrate Diet (think Atkins And South
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People Should Choose A Healthy Diet. A Healthy Diet
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And Vegetables. People Should Eat A Few Pieces Of Fruit And Vegetables Every Day.
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Base Of Pyramid: Physical Activity And Social Interaction (dancing, Sports, Sharing Meals)
Next Level Of Pyramid: Foods That Should Be Eaten Every Day (wholes Grains, Fruits, Vegetables, Legumes (lentils, Dried Peas, And Beans), Seeds, Herbs, Nuts, Spices, And Healthy Fats Such As Olive Oil And Avocado) T Apr 6th, 2024
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