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~~Esselstyn at~~
~~TEDxFremont~~
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eat some beans,
pulses, fish,
eggs, meat and
other protein.

choose
unsaturated oils
and spreads, and
eat them in
small amounts.

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drink plenty of fluids (at least 6 to 8 glasses a day) If you're having foods and drinks that are high in fat, salt and sugar, have these less often and in small amounts.

Eat well - NHS
Nutrition For

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within the chain
filled w... Lipids
Class of
nutrients that
do not dissolve
in water.
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revised and up-
to-date,

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Starchy food
should make up
just over a
third of the

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food we eat. Choose higher fibre wholegrain varieties, such as wholewheat pasta and brown rice, or simply leave skins on potatoes. There are also higher fibre versions of white bread and pasta.

Starchy foods

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are a good source of energy and the main source of a range of nutrients in our diet.

The Eatwell
Guide - NHS -
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The three
macronutrients
are
carbohydrates
(carbs), fats
and protein.
These nutrients
are needed in
relatively large
amounts. They
provide calories

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and have various
functions in
your body. Here
are...

Healthy Eating –
A Detailed Guide
for Beginners
Starchy
carbohydrates
should make up
just over a
third of the
food you eat.

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They include potatoes, bread, rice, pasta and cereals. They

include

potatoes, bread, rice, pasta and cereals. Choose

higher fibre or wholegrain

varieties, such as wholewheat

pasta, brown

rice or potatoes

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with their skins
on.

8 tips for
healthy eating -
NHS

If you are a
member of the
public, you can
find information
here about why
good nutrition
and lifestyle
choices are

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important Living
your health and
wellbeing across
all ages.

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Science The
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nutrition and
its importance
to health for
health
professionals,
academics, food
industry and

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Engage your
classroom with
health lesson
plans,
activities, and
nutrition
worksheets that

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inspire and inform your students. Teach them about illness, exercise, and balanced diets so they have the knowledge to make healthy choices.

Health &
Nutrition Lesson

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innovative approach to introductory nutrition for non-science majors. With its unique, concise organization and a distinct focus on consumerism, this engaging, fun-to-read text will provide students with

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needed to make

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Starchy foods are an important source of nutrients in our diet. Although it's often suggested that starchy foods are...

Approximately one third of our

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total daily food
intake should be
from these

foods. Try to
include them at
every meal by
basing your
meals on starchy
foods such as
...

Potatoes, bread,
rice, pasta and
other starchy

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Fruits and vegetables - 5-a-day; A variety of starchy carbohydrates at every meal - preferably wholegrains which fill you up for longer, e.g. breads, cereals, potatoes, pasta,

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noodles, rice
and couscous;
Low fat dairy
products 2-3
times a day to
meet your
calcium needs;

Your guide to
third trimester
nutrition - Diet
in Pregnancy
A healthy,
balanced plant-

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Healthy Living would
typically
include

wholegrains,
fruits and
vegetables,
nuts, legumes
and unsaturated
oils, whereas
less healthy
plant-based
diets may
include more
sugars -

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sweetened
beverages,
refined grains,
fried potato
crisps or chips
and sweets.

Plant-based
diets - British
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Page #1
Healthy Living;
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recommendations;

A healthy,
balanced diet; A

healthy,

balanced diet .

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3 of 5. Are most

of us eating a

healthy diet? As

well as the

Eatwell Guide,

we have

recommendations

for specific

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foods and nutrients. We know from national surveys that we are generally not meeting these recommendations.

A healthy,
balanced diet -
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