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2023: What foods are healthy?

Various Alternatives:

Mediterranean Diet,

"Plant Based Diet"

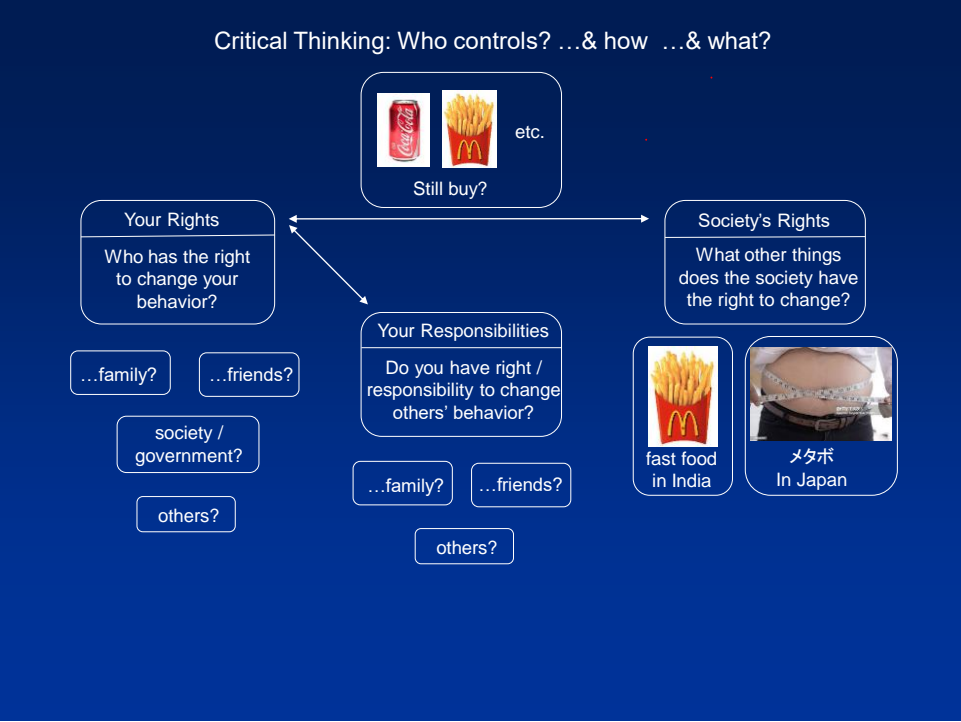
DASH Diet (Dietary Approaches to Stop Hypertension)



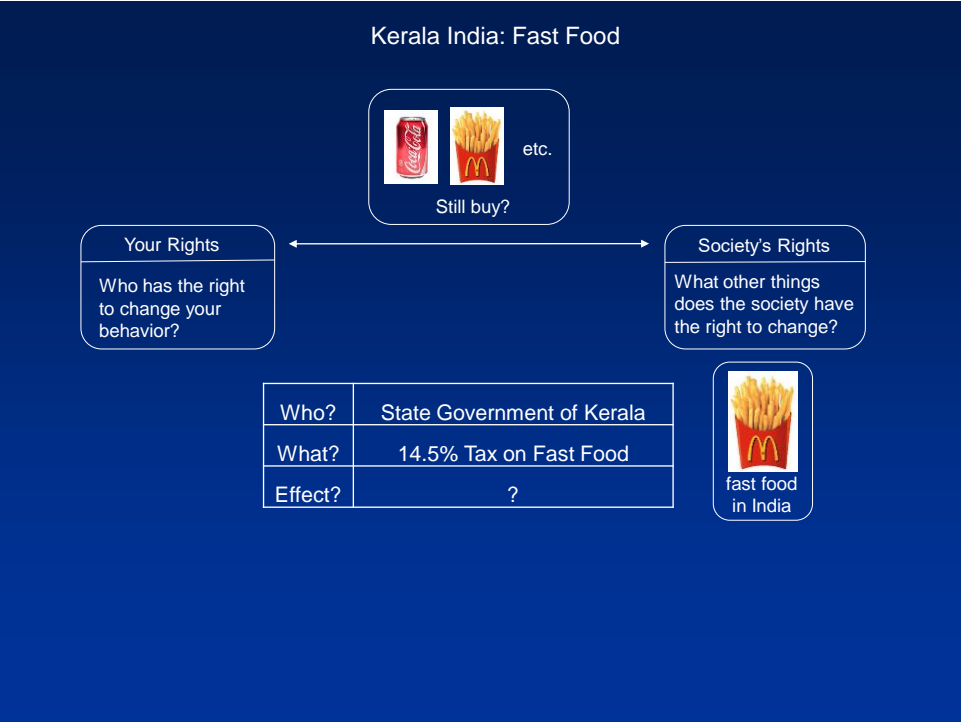




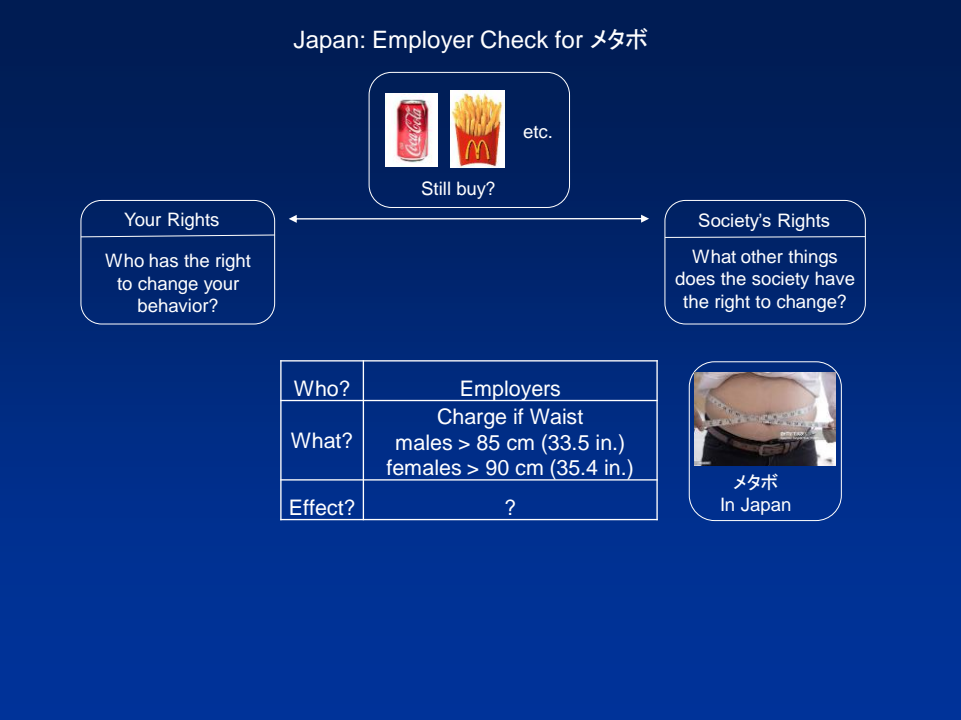

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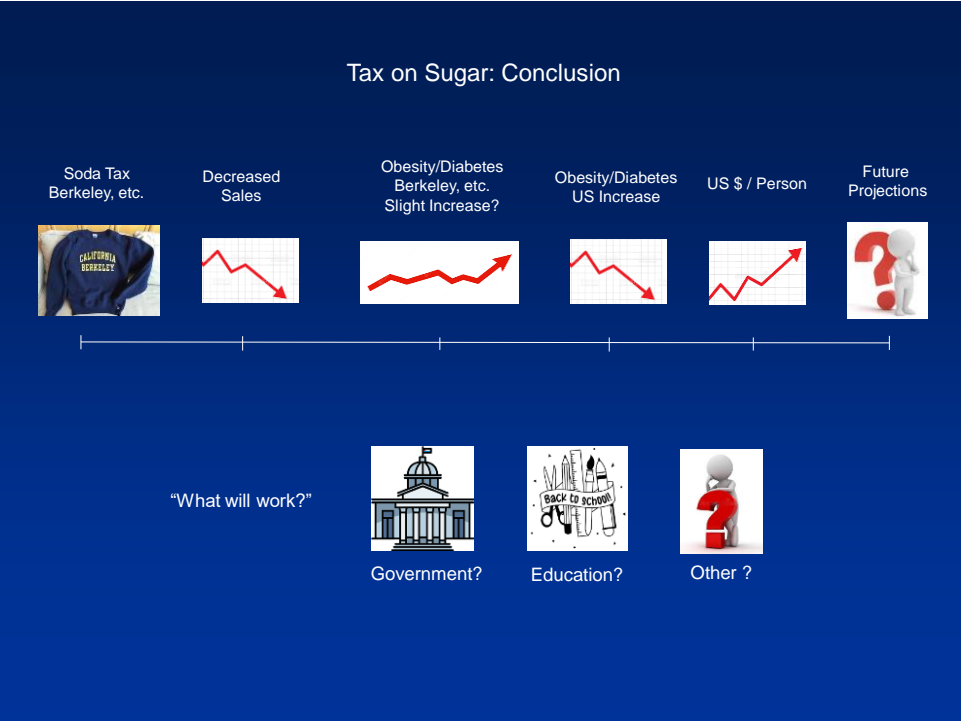
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