

[BEST DIETS FOR HEALTHY EATING](#)



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This year's Best Diets were ranked for nutritional completeness and safety. A healthy diet should provide enough calories and shouldn't skimp on key nutrients.

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#1: Mediterranean Diet. The diet gets its name from the eating habits of people living in Mediterranean countries and has been linked to better health and longevity.

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New Year, new healthy eating plan? We round up the best diets so you can suss out what fits your lifestyle. So it's January, the beginning of the year when we all think about New Year's resolutions and diets (or at least eating healthier) for 2018.

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The best and worst diet plans for 2018 CBS News

The diets share a number of similar themes, Hogan said -- lots of colorful fruits and vegetables, whole grains, healthy fats, lean proteins, low-fat dairy, and avoidance of foods that are

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