

## [HEALTHY MEALS DIET](#)



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### **WHO Healthy diet**

Therefore, promoting a healthy food environment including food systems that promote a diversified, balanced and healthy diet requires the involvement of multiple sectors and stakeholders, including government, and the public and private sectors.

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### **One Week Healthy Meal Plan An Example of a Healthy Diet**

This delicious meal plan includes three meals and three snacks and has approximately 2,250 calories, with 53 percent of those calories coming from carbohydrates, 25 percent from fat, and 21 percent from protein. And lots of fiber over 40 grams.

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### **How to eat a balanced diet BBC Good Food**

Our experts explain what your recommended daily amounts of nutrients should be, how to serve the perfect portion and recipes to make you happy and healthy

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### **Eat well NHS**

Eating a balanced diet. Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best. This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight.

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