

WHAT FOODS ARE GOOD FOR DIETS



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Diet For Ulcers And Gastritis Foods to Eat Avoid

Which foods can I eat and drink? Eat a variety of healthy foods from all the food groups. Eat fruits, vegetables, whole grains, and fat-free or low-fat dairy foods. Whole grains include whole-wheat breads, cereals, pasta, and brown rice. Choose lean meats, poultry (chicken and turkey), fish, beans, eggs, and nuts.

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15 Brain Foods To Boost Focus and Memory Dr Axe

Plus, brain foods rich in antioxidants, good fats, vitamins and minerals provide energy and aid in protecting against brain diseases. So when we focus on giving our bodies whole, nutritious foods benefiting both the gut and the brain, we're actually benefiting our minds and bodies while keeping them both in tip-top shape.

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