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a healthy diet is essential for good health and nutrition it protects you against many chronic noncommunicable diseases such as heart disease diabetes and cancer eating a variety of foods

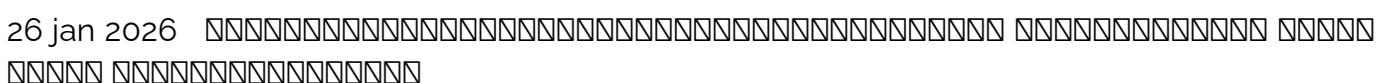
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27 jan 2026 a healthy diet is a foundation for health well being optimal growth and development it protects against all forms of malnutrition unhealthy diet is one of the leading risks for the global

llevar una dieta sana a lo largo de la vida ayuda a prevenir la malnutrición en todas sus formas así como diferentes enfermedades no transmisibles y trastornos

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20 feb 2018 moderate amounts of fats and oils are part of a healthy diet fats and oils are concentrated sources of energy and eating too much fat particularly the wrong kinds of fat can be

24 oct 2024 the exact make up of a diet will vary depending on individual characteristics

preferences and beliefs cultural context locally available foods and dietary customs however the basic

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