

## [WHAT ARE HEALTHY FOODS TO EAT ON A DIET%0A](#)



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Foods in a healthy diet are fruit, vegetables, whole grains, dairy products, and proteins. Make sure to eat some of all of these to keep your diet balanced.

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Just make sure you re getting in the right foods. Below, we uncover which nutrient-rich foods deserve a place in your diet daily and how to sneak them into your meals. To double down on your health-improving efforts, replace those refined carbs you ve been eating with these fat burning foods.

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The good news is that there are thousands of diet foods that are healthy, taste great, So someone on an 1,800-calorie diet could eat up to 157 grams of protein -- the equivalent of 1 cup of

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A healthy a.m. meal, on the other hand, can give you energy, satisfy your appetite, and set the stage for smart decisions all day long.

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Foods to eat. Research has found that what people eat has a significant effect on PCOS. That said, there is currently no standard diet for PCOS.

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What's important is that you eat healthy foods most of the time. Incorporate these eight tips into your life, and you'll find that heart-healthy eating is both doable and enjoyable. With planning and a few simple substitutions, you can eat with your heart in mind.

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