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this guide may help those who are starting on a healthy eating journey and act as a refresher for those who know nutrition basics but want to go deeper nutrition basics you can master healthy eating by learning how to plan meals and shop smart and by practicing healthy cooking techniques explore resources tools and printable materials on nutrition for healthy adults see tips on healthy eating vegetarian diets and foods for athletes using harvard s healthy eating plate as a guide we recommend eating mostly vegetables fruit and whole grains healthy fats and healthy proteins we suggest drinking water instead of sugary beverages and we also address common dietary concerns such as salt and sodium vitamins and alcohol learn how to use the healthy eating plate as a guide for creating healthy balanced meals whether served on a plate or packed in a lunch box explore examples from each food group to help you choose healthy options that meet your personal preferences cultural foodways and budget get resources to help you eat a healthy diet with vegetables fruits protein grains and dairy foods

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