

10 steps for a healthy menu



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- 1. Focus on nutrients, not calories.**
- 2. Include more fruits and vegetables.**
- 3. Use plant sources of protein such as beans, peas, lentils...**
- 4. Eat more nuts and seeds.**
- 5. Careful with carbohydrates.**
- 6. Use healthy fats such as olive oil.**
- 7. Don't eat too much meat!**
- 8. Cook with herbs and spices. They are very healthy.**
- 9. Avoid sugar.**
- 10. Drink water.**



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