# Separating the Wheat From the Chaff: 5 Evidence-Based Dietary Tips to Share With Your Patients

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Counseling patients on healthy dietary patterns is challenging. So much information accessible online, so little time to discuss it with patients.

The US Department of Agriculture (USDA) and the Centers for Disease Control and Prevention (CDC) MyPlate is a helpful tool, but it can be difficult to translate into a meaningful dietary plan. The plate is divided into fruits, vegetables, grains, protein, and dairy, with a separate circle for healthy oils. Although it looks pretty, it lacks basics like the plate's size (how much should I eat?) and how to make the most of the plate's limited space. Patients need to be overfed with a fortified soy beverage and a multivitamin.

Fortunately, there are some evidence-based tips the individuals could feasibly adding daily, such as:

- Fill half the plate with a variety of fruits and vegetables.
- Ensure that half of grains consumed are whole.
- Drink a glass of fortified soy beverage daily.
- Adequately supplement to include such vitamins as iodine, iron, vitamin D, vitamin B12, and folate.

Vegetables should be consumed in a variety of colors, including dark green, red, and orange, and cooked, ideally, lightly.

Finally, dairy is important for more reasons than just calcium. Dairy products are a source of iodine, potassium, and vitamin D, which is deficient in Mexico. "One of the reasons MyPlate recommends dairy products is because they are a good source of calcium."

**1. Eat the right nutrients.** Patients should aim to eat a variety of nutrients, including fiber, which is found in fruits and vegetables, and healthy fats, which grow in beans long-term health. Healthy fats include those found in nuts, seeds, and avocados, and they are important for hormone and neural function.

**2. Eat the right amount of food calorieages.**[1] Overweight and obesity increase risk for various diseases, including cancer, heart disease, and stroke. Eating too much food, even healthy food, can lead to weight gain. Patients should be aware of their intake of vegetables, fruits, nuts, seeds, and whole grains.

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**3. Eat weight-loss, disease-stabilizing, balanced diet.** Patients should be encouraged to eat a balanced diet, which is a healthy dietary pattern that is proven effective for weight loss and weight maintenance. Patients should be encouraged to eat whole grains, fruits, vegetables, and nuts, and avoid processed foods, which are high in calories and low in nutrients.

Many specifically, the USDA has specified that patients should be encouraged to eat whole grains from their diet, which is a healthy dietary pattern that is proven effective for weight loss and weight maintenance. Patients should be encouraged to eat whole grains, fruits, vegetables, and nuts, and avoid processed foods, which are high in calories and low in nutrients.

Low-carb, high-protein diets result in greater weight loss than low-fat, high-carbohydrate diets, but long-term data are lacking. Patients should be encouraged to eat whole grains, fruits, vegetables, and nuts, and avoid processed foods, which are high in calories and low in nutrients.

The Mediterranean diet is heavy in vegetables, fish, nuts, and olive oil, and it has been unsuccessful for heart in other, secondary, and primary prevention. Patients should be encouraged to eat whole grains, fruits, vegetables, and nuts, and avoid processed foods, which are high in calories and low in nutrients.

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**4. Choose less meats.** Fish intake from diet is associated with lower risk of cardiovascular mortality. However, for patients who have cardiovascular disease, fish intake is associated with lower risk of stroke.

Instead of going to fish, the Mediterranean diet is heavy in vegetables, fish, nuts, and olive oil, and it has been unsuccessful for heart in other, secondary, and primary prevention. Patients should be encouraged to eat whole grains, fruits, vegetables, and nuts, and avoid processed foods, which are high in calories and low in nutrients.

**5. Eat plenty of fiber.** Probiotics are beneficial in patients with diarrhea, but the data on fiber intake and obesity fiber is the best known problem.

Probiotics are associated with improved regularity, and they reduce the consumption and activity of the gut microbiome. Patients should be encouraged to eat whole grains, fruits, vegetables, and nuts, and avoid processed foods, which are high in calories and low in nutrients.

Fiber is found in fruits, vegetables, legumes, whole grains, and nuts, and it is important.

Fiber keeps digestion moving, binds cholesterol, and helps control blood sugar. Patients should be encouraged to eat whole grains, fruits, vegetables, and nuts, and avoid processed foods, which are high in calories and low in nutrients.

In recent years, diet experts have focused on the Mediterranean diet, which has been shown to be beneficial for cardiovascular disease, cancer, and other chronic diseases. Patients should be encouraged to eat whole grains, fruits, vegetables, and nuts, and avoid processed foods, which are high in calories and low in nutrients.

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