

HEALTHY FOOD FOR DIET PLAN%0A

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[Healthy Eating - HelpGuide.org](#)

Healthy Diet: Eating with Mental Health in Mind Foods to eat and avoid for optimal mental health. (Mental Health America) (Mental Health America) Nutritional psychiatry: Your brain on food How the food you eat affects the way you feel.

[The Best Indian Diet Plan for Weight Loss - Healthline](#)

The Indian diet is rich in nutritious foods like grains, lentils, healthy fats, vegetables, dairy and fruits. The diets of most Indian people are heavily influenced by religion, particularly Hinduism.

[The Benefits of Healthy Whole Foods - webmd.com](#)

"If you're trying to eat a healthier diet, relying on more whole foods is a great place to start," says Lucia L. Kaiser, PhD, community nutrition specialist in the department of nutrition at the