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The Optimal Diet. Carbohydrates (Carbs) are foods that are not classified as protein or fat, including vegetables, fruits, grains, nuts, seeds, herbs, spices, etc. Read more about The Optimal Diet and Dr. Jan Kwasniewski’s success with it.

The Optimal Diet — Healing Naturally by Bee

The Optimal Diet: The Official CHIP Cookbook Hardcover – Illustrated, January 1, 2009 by Darlene Blaney (Author), Hans Diehl M.D. (Author) 4.2 out of 5 stars 86 ratings See all formats and editions

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The optimal diet provides a balance of these two essential fats, also known as Omega 3 and Omega 6 fats. Linoleic acid (Omega 6) is rich in sesame and sunflower seeds, while linolenic acid (Omega 3) is rich in pumpkin and flax seeds. Linolenic acid is converted in the body into DHA and EPA, which are also rich in mackerel, herring, salmon and tuna.

Optimum Nutrition for a Well Balanced Diet? | Health and ...

How it works: The Mediterranean diet advocates eating plenty of fruits, vegetables, nuts, seeds, legumes, tubers, whole grains, fish, seafood, and extra virgin olive oil. Foods such as poultry,...

The 8 Best Diet Plans — Sustainability, Weight Loss, and More

The Optimal Diet According to Dr. Namgyal Qusar Always eat at regular times. Eat the right amount of foods (according to Tibetan Medicine during meals we ought to fill our stomach with solid food, liquid, as well as leave some empty space for facilitating digestion).

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An optimal diet is individual for every person based on health status, customs, and preferences. In general, a nutrient dense diet is optimal including whole grains, fruits, vegetables, healthy fats such as olive oil, proteins including lean meat, nuts, legumes, beans, soy or dairy and reduced saturated fat, sodium and sugar in processed and packaged products.

What is the optimal diet? | Dieting For Weight Loss ...

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