



In the area about healthy eating, experts included recommendations for diets that include more plant-based foods such as vegetables, fruits, nuts and whole grains, and those that feature fish, lean vegetable or lean animal proteins. The guidelines also urge doctors to counsel patients to minimize trans fats, processed meat, refined carbohydrates and sweetened drinks.

The guidelines point out that adults who are "habitually high consumers of sugar-sweetened beverages" could find low-calorie sweeteners a useful replacement strategy on the path to transitioning to water.

Related to exercise, the guidelines [include recommendations](#), based on recent federal government guidelines, that adults should engage in at least 150 minutes a week of moderate-intensity physical activity or 75 minutes a week at a vigorous pace.

Yeboah said the emphasis on having doctors counsel their patients about healthy living shows



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