



# The Healthy Eating Paradigm

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Unhealthy

Healthy

Healthiest

Sugars, Fat, Fatty Meats  
'White' Flour, Bread,  
Processed foods

Fish, Lean Meats,  
Chicken, Low fat Milk &  
Cheese, Eggs

Cereals  
Fruits, Vegetables,  
Brown Pasta and Rice  
Brown and wholegrain Bread

