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The Healthy Eating Plate, created by nutrition experts at Harvard School of Public Health and editors at Harvard Health Publications, was designed to address deficiencies in the U.S. Department of Agriculture (USDA)'s MyPlate.

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2 The Harvard Medical School 6-Week Plan for Healthy Eating www.health.harvard.edu The answer to this question has changed over the years, but it's no surprise that the latest nutritional science points toward a diet rich in fruits, vegetables, and whole grains, paired with healthy sources of protein

The Harvard Medical School 6-Week Plan for Healthy Eating

The Nurses' Health Study and Nurses' Health Study II are among the largest investigations into the risk factors for major chronic diseases in women.

Nurses' Health Study

Although there is some genetic variation, most adults need between 7.5 to 8.5 hours of sleep per 24-hour period to function optimally. You can find your optimal sleep time if you set aside several days (perhaps during a vacation) to allow yourself to sleep as long as possible. Once you know how much ...

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