



Mediterranean Diet Ranks First

The Mediterranean Diet was voted the best for healthy eating, easiest to follow, best heart-healthy and plant-based diet, and best for diabetes. Add the plan to your daily routine with these foods and others:

⌘ **Fruits**

⌘ **Vegetables**

⌘ **Nuts and seeds**

⌘ **Legumes**

⌘ **Whole grains**

⌘ **Fish and seafood**

⌘ **Healthy fats**

⌘ **Herbs and spices**

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