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#### Y Pai

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Bunn D, Brown T, Summerbell CD, Skeaff CM. Effects of total fat intake on body weight. Cochrane Database Syst Rev. 2015; (8):CD011834. (2) Diet, nutrition and the prevention of chronic diseases: report of a Joint WHO/FAO Expert Consultation. WHO Technical Report Series, No. 916. Geneva: World Health Organization; ... Healthy diet - World Health Organization (WHO) Apr 3, 2025 · A healthy diet is a foundation for health, well-being, optimal growth and development. It protects against all forms of malnutrition. Unhealthy diet is one of the leading risks for the global burden of disease, mainly for noncommunicable diseases such as cardiovascular diseases, diabetes, and cancer.

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