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Healthy choices in each of the other food groups in moderate amounts make up the rest of the pyramid — including whole-grain carbohydrates, lean sources of protein such as legumes, fish and low-fat dairy, and heart-healthy unsaturated fats. The Mayo Clinic Diet teaches you how to estimate portion sizes and plan meals.

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What Should Your Diet be like at 50+?

Dr. Stephenson is an active member of the Academy of Nutrition and Dietetics, serving as Chair of the Nutrition Educators of Health Professionals practice group. She has published and presented on service learning, technology in teaching, student-centered learning, and other related topics. Dr.

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