

mediterranean diet and dash diet

mediterranean diet and dash diet are two of the most recognized and recommended dietary patterns for promoting heart health, managing blood pressure, and supporting overall wellness. Both diets emphasize the consumption of whole foods, including fruits, vegetables, whole grains, and healthy fats, but they differ in certain nutritional focuses and guidelines. Understanding their unique principles, health benefits, and practical applications can help individuals make informed decisions about which diet aligns best with their health goals. This article explores the fundamental aspects of the Mediterranean diet and DASH diet, compares their similarities and differences, and reviews scientific evidence supporting their effectiveness. Additionally, it provides practical tips for adopting either diet in daily life.

- Overview of the Mediterranean Diet
- Understanding the DASH Diet
- Comparing Mediterranean Diet and DASH Diet
- Health Benefits of Mediterranean Diet and DASH Diet
- Practical Tips for Implementing These Diets

Overview of the Mediterranean Diet

The Mediterranean diet is inspired by the traditional eating habits of countries bordering the Mediterranean Sea, such as Greece, Italy, and Spain. It focuses on nutrient-dense, minimally processed foods rich in antioxidants, fiber, and healthy fats. The diet encourages high consumption of fruits, vegetables, legumes, nuts, whole grains, and olive oil, with moderate intake of fish, poultry, and dairy products. Red meat and sweets are consumed sparingly. This dietary pattern is not only a guide for food choices but also promotes a lifestyle that includes physical activity and social dining.

Key Components of the Mediterranean Diet

The Mediterranean diet is characterized by the following core components that contribute to its health benefits:

- **Fruits and Vegetables:** Abundant servings daily, providing essential vitamins and minerals.

- **Whole Grains:** Emphasis on whole wheat, barley, oats, and other unrefined grains.
- **Healthy Fats:** Primary fat source is extra virgin olive oil, rich in monounsaturated fats.
- **Lean Proteins:** Fish and seafood are preferred protein sources, consumed at least twice weekly.
- **Moderate Dairy:** Cheese and yogurt in moderate amounts.
- **Limited Red Meat and Sweets:** Red meat is eaten occasionally, while sweets are reserved for special occasions.

Understanding the DASH Diet

The Dietary Approaches to Stop Hypertension (DASH) diet was specifically developed to lower blood pressure and improve cardiovascular health. It emphasizes foods low in sodium and rich in potassium, calcium, and magnesium, which are minerals known to help regulate blood pressure. The DASH diet promotes a balanced intake of fruits, vegetables, whole grains, lean protein, and low-fat dairy while limiting saturated fats, cholesterol, and added sugars. It is widely endorsed by health organizations for its role in preventing and managing hypertension and other chronic diseases.

Essential Guidelines of the DASH Diet

The DASH diet's framework includes specific recommendations designed to optimize nutrient intake and reduce risk factors:

- **Fruits and Vegetables:** At least 4-5 servings of each per day.
- **Whole Grains:** 6-8 servings daily, focusing on fiber-rich options.
- **Low-Fat Dairy:** 2-3 servings per day to increase calcium intake.
- **Lean Meats and Nuts:** Limited portions of poultry, fish, nuts, and legumes.
- **Reduced Sodium:** Sodium intake is recommended to be less than 2,300 mg per day, with an ideal goal of 1,500 mg for maximum benefit.
- **Limited Sweets and Saturated Fat:** Minimized consumption of sugary foods and saturated fats.

Comparing Mediterranean Diet and DASH Diet

While both the Mediterranean diet and DASH diet promote heart-healthy eating patterns, they have distinct differences and overlapping features worth considering. These similarities and differences help determine their suitability based on individual health needs and preferences.

Similarities Between the Two Diets

Both diets emphasize:

- High consumption of fruits and vegetables.
- Inclusion of whole grains and fiber-rich foods.
- Lean protein sources such as fish and poultry.
- Reduction of processed foods, added sugars, and unhealthy fats.
- Promotion of overall nutrient-dense, balanced meals.

Differences in Nutritional Focus

Key distinctions include:

- **Fat Intake:** The Mediterranean diet encourages higher consumption of healthy fats, particularly from olive oil and nuts, whereas the DASH diet limits total fat intake, especially saturated fat.
- **Sodium Restriction:** The DASH diet specifically targets sodium reduction to manage blood pressure, whereas the Mediterranean diet does not emphasize sodium limits as strongly.
- **Dairy Consumption:** DASH advocates for low-fat or fat-free dairy products, while the Mediterranean diet includes moderate amounts of full-fat dairy such as cheese and yogurt.
- **Cultural Origins:** The Mediterranean diet is based on traditional eating patterns of Mediterranean countries, whereas DASH is a clinically developed diet for hypertension management.

Health Benefits of Mediterranean Diet and DASH Diet

Both diets have been extensively studied and shown to provide significant health advantages, particularly in cardiovascular disease prevention and management. Their nutrient profiles contribute to improved metabolic health, weight management, and chronic disease risk reduction.

Cardiovascular Health

Research consistently demonstrates that adherence to the Mediterranean diet and DASH diet lowers the risk of heart disease by improving lipid profiles, reducing inflammation, and lowering blood pressure. The Mediterranean diet's monounsaturated fats and antioxidants protect blood vessels, while the DASH diet's mineral-rich approach effectively controls hypertension.

Weight Management and Metabolic Benefits

Both diets support healthy weight loss and maintenance through nutrient-dense, satiating foods. Their emphasis on fiber-rich fruits, vegetables, and whole grains improves insulin sensitivity and lowers the risk of type 2 diabetes.

Other Health Outcomes

Additional benefits include improved cognitive function, reduced risk of certain cancers, and enhanced gut health due to high intake of plant-based foods and healthy fats in both diets.

Practical Tips for Implementing These Diets

Adopting the Mediterranean diet or DASH diet requires thoughtful planning and gradual changes to daily eating habits. The following strategies can facilitate a successful transition to these heart-healthy lifestyles.

Meal Planning and Preparation

Planning meals around fresh vegetables, whole grains, and lean proteins is fundamental. Incorporating olive oil as the primary fat source in cooking and dressings aligns with Mediterranean principles, while focusing on low-sodium seasonings supports DASH guidelines.

Grocery Shopping Tips

- Choose fresh or frozen fruits and vegetables over canned varieties to reduce sodium intake.
- Select whole grain products labeled as 100% whole wheat, brown rice, or oats.
- Opt for fresh fish and lean poultry, limiting processed meats.
- Purchase low-fat or fat-free dairy for DASH, or moderate full-fat dairy for Mediterranean diet adherence.
- Use herbs and spices to enhance flavor without added salt.

Dining Out and Social Eating

When eating out, prioritize dishes with grilled fish, salads, and vegetable sides. Request dressings and sauces on the side to control fat and sodium intake. Sharing meals and enjoying food in a relaxed environment reflects the Mediterranean lifestyle aspect of mindful eating.

Frequently Asked Questions

What are the main differences between the Mediterranean diet and the DASH diet?

The Mediterranean diet emphasizes fruits, vegetables, whole grains, olive oil, fish, and moderate wine consumption, focusing on heart-healthy fats. The DASH diet (Dietary Approaches to Stop Hypertension) is designed to lower blood pressure and emphasizes fruits, vegetables, whole grains, low-fat dairy, lean protein, and limits sodium, sweets, and red meats.

How do the Mediterranean and DASH diets benefit heart health?

Both diets are rich in fruits, vegetables, and whole grains, which help reduce cholesterol and blood pressure. The Mediterranean diet's healthy fats from olive oil and fish reduce inflammation, while the DASH diet's low sodium content helps lower blood pressure, together reducing the risk of heart disease.

Can the Mediterranean and DASH diets be combined for better health results?

Yes, combining elements of both diets can enhance health benefits. For example, following the Mediterranean diet's healthy fats and fish intake while adhering to the DASH diet's low sodium and low-fat dairy recommendations can further improve cardiovascular health and weight management.

Which diet is more effective for weight loss: Mediterranean or DASH?

Both diets support weight loss when combined with calorie control and physical activity. The Mediterranean diet's emphasis on healthy fats may be more satiating, potentially aiding adherence, while the DASH diet's focus on low-fat and low-sodium foods can also promote weight loss. Effectiveness depends on individual preferences and lifestyle.

Are the Mediterranean and DASH diets suitable for people with diabetes?

Yes, both diets are beneficial for people with diabetes. They promote nutrient-rich foods that help regulate blood sugar levels, improve insulin sensitivity, and reduce cardiovascular risk. However, portion control and carbohydrate monitoring remain important for diabetes management.

How easy is it to follow the Mediterranean and DASH diets in a modern lifestyle?

Both diets are flexible and can be adapted to modern lifestyles. The Mediterranean diet encourages cooking with fresh ingredients and using olive oil, which can fit into everyday meals. The DASH diet provides clear guidelines on sodium and nutrient intake, making it practical for individuals focused on heart health and blood pressure management.

Additional Resources

1. The Mediterranean Diet for Beginners

This book offers a comprehensive introduction to the Mediterranean diet, emphasizing whole foods, healthy fats, and fresh produce. It includes easy-to-follow meal plans and recipes designed to promote heart health and weight loss. Readers will learn how to incorporate Mediterranean flavors into everyday cooking.

2. The DASH Diet Action Plan

Focused on the Dietary Approaches to Stop Hypertension (DASH) diet, this book provides a clear guide to reducing blood pressure through nutrition. It

features meal plans, grocery lists, and delicious recipes that prioritize fruits, vegetables, and low-fat dairy. The book is perfect for anyone looking to improve heart health naturally.

3. Mediterranean Living: The DASH Diet Connection

This book explores the similarities and benefits of combining the Mediterranean and DASH diets. It highlights how these nutrition plans complement each other to promote cardiovascular health and weight management. Practical guidance and recipes help readers easily adopt a hybrid approach.

4. The Complete Mediterranean DASH Diet Cookbook

A rich collection of recipes that blend the principles of the Mediterranean and DASH diets, this cookbook focuses on fresh, wholesome ingredients. Each recipe is designed to support blood pressure control and overall wellness. Nutritional tips and meal prepping advice make healthy eating accessible.

5. Heart Healthy Mediterranean and DASH Diets

This guide delves into the science behind the Mediterranean and DASH diets, explaining how they reduce the risk of heart disease. It offers meal plans tailored for different lifestyles and dietary needs. Readers will find inspiration to make long-lasting changes to their eating habits.

6. The Mediterranean DASH Diet Weight Loss Solution

Combining the weight loss benefits of both diets, this book provides a step-by-step plan to shed pounds while improving heart health. It includes motivational tips, shopping guides, and flavorful recipes that keep you satisfied. The program is designed for sustainable, healthy weight management.

7. Mediterranean and DASH Diets for Beginners

Perfect for those new to healthy eating, this book breaks down the basics of both diets in simple terms. It offers practical advice on grocery shopping, meal preparation, and portion control. The easy recipes encourage readers to embrace a nutritious lifestyle with confidence.

8. The Essential Guide to Mediterranean and DASH Diets

This essential resource covers the principles, benefits, and scientific evidence supporting both diets. It provides comprehensive meal plans and tips for dining out and social occasions. With this guide, readers can make informed choices for better health.

9. Everyday Mediterranean and DASH Diet Recipes

Focusing on everyday cooking, this recipe book features quick and delicious meals that adhere to Mediterranean and DASH diet guidelines. It emphasizes fresh ingredients and balanced nutrition without sacrificing flavor. Ideal for busy individuals seeking heart-healthy options.

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mediterranean diet and dash diet: *The DASH Diet Mediterranean Solution* Marla Heller, 2018-12-24 From the New York Times bestselling author, this guide to healthy living features the latest science and research and a Mediterranean diet-inspired meal plan to make this the most healthy and effective DASH diet ever. The DASH diet has been a staple of the dieting world, recommended by doctors, nutritionists, and crowned the US News and World Report's #1 best diet for 8 years in a row. But popular tastes and medical guidelines have evolved, and The Dash Diet Mediterranean Solution presents a new approach to the time tested diet program that highlights the benefits of whole foods. Marla Heller, MS RD has overhauled the DASH plan to reflect the latest, cutting-edge research on hypertension, diabetes, depression, and other health issues that impact millions of Americans. Meal planning gets a new focus on unprocessed foods (less sugar free jello, more fresh fruits!), seafood options, and even a whole section examining vegan and vegetarian choices. Filled with four weeks of menus and tons of strategies and research, The Dash Diet Mediterranean Solution offers readers a new approach to their best health the DASH diet way.

mediterranean diet and dash diet: *Dash and Mediterranean Diet for Beginners* Bobby Murray, Lose Weight and Burn Fat with Two of the Healthiest Diets in the World! When it comes to dieting, scientists and nutritionists usually disagree heavily on the best way to lose weight. However, two diets are the crowd's favorite and are universally recommended by the scientific and fitness community - the DASH & Mediterranean diet. The secret of these diets lies not only in what you eat but how you approach food psychologically and emotionally. Establishing a healthy relationship with food is the key to weight loss, and that's exactly what this book will help you with! Just think about the French, Italians, and Spanish. Their cuisines are filled with pasta, bread, healthy oils, cheeses... Yet, they are among the healthiest nations in the world! With this amazing guide, you'll learn how to NOT give up your favorite food, but replace it with equally delicious but healthier versions. Soon, you'll be shedding pounds and feeling better than ever! Here's what you get with this book: - A detailed explanation of why this diet works, and how to transfer to this type of cuisine - A guide on how to lose weight FAST with the Mediterranean diet - A comprehensive guide on what to eat, and what to avoid while following this lifestyle - How to use Mediterranean food to heal inflammation and other health issues - Discover the hard science behind the DASH diet and say goodbye to myths and misconceptions - Adapt the DASH diet to your budget and your unique taste preferences - Transition to the DASH diet quickly and easily by following detailed meal plans and comprehensive nutrition strategies - Boost your well-being by making the DASH diet an effortless part of your lifestyle - And more! The DASH & Mediterranean diet is more than just a weight-loss tool. What you get with this book is a complete guide on how to make great, healthy choices for yourself, and how to implement extremely beneficial habits into your life. If you want to transform yourself into a healthier and happier individual, Scroll up, click on Buy Now, and Start Reading!

mediterranean diet and dash diet: *Understanding The Dash Diet* Armando Buhl, 2022-02-25 Four NHLBI-supported investigations tried the medical advantages of the DASH diet by contrasting the DASH diet and the normal American eating regimen or by looking at changed varieties of the DASH diet. Another NHLBI-subsidized review, the PREMIER clinical preliminary, estimated the medical advantages of following the DASH diet and expanding active work. The DASH diet: -Is the ONLY eating routine directed by specialists -Can bring down pulse in less than about fourteen days. -Speeds up Weight Loss -Diminishes sodium in the body -Controls Cholesterol -Battles

Diabetes Furthermore substantially more. This book separates precisely the way that the DASH diet works, what it targets, why it functions admirably, and afterward gives a lot of pragmatic tips and plans.

mediterranean diet and dash diet: Mediterranean Dash Diet Juliene Cooper, 2020-01-26
Medical professionals are finally starting to realize that the DASH diet is more important than ever imagined. The diet you eat has a strong influence on nearly all aspects of your health, but it's most influential on your future risks of heart disease and diabetes. Moreover, with the research that led to the development of the DASH diet, it was found that the nutrients we eat can even determine whether or not we have high blood pressure. If you have high blood pressure, be sure to speak with your doctor before making radical changes in your diet, and take up this diet only under a doctor's supervision. It's so effective that your continued use of medication will have to be carefully monitored. In this book, you will learn about the basics of a Mediterranean dash diet, its benefits, different rules to follow. Apart from this, you will also find various recipes along with a meal plan you can use while following the diet. All the recipes given in this book are quite simple and have been divided into different categories for your convenience. Make sure that you stock your pantry with all the ingredients you require before you start at the start. This diet will certainly help you attain your fitness goals. The fats of the Mediterranean diet offer benefits to heart health that a low-fat diet like the DASH diet doesn't offer. However, the Mediterranean diet doesn't include the benefits for blood pressure that the DASH diet does. Therefore, combining the two together to form a new diet can bring the best of both to create a new, better diet. That Will be the goal of this book. We will describe a new combination of the two diets that help you get the heart-healthy fats found in fish, avocados, and olive oil together with the balance and limited sodium of the DASH diet. By combining the two together, you can reduce all of your risk factors associated with cardiovascular disease. The DASH diet and the Mediterranean diet are both designed for long-term health. They can be considered more of a lifestyle than a diet. Don't be afraid to make adjustments to your eating plans as necessary to attain optimum health. This book covers the following topics: The importance of a healthy diet What is the DASH Diet? Understanding Mediterranean diet Dash diet and Mediterranean diet, a healthy combination Good Fats, Bad Fats High carb, low carb, what is the right choice? Dairy and proteins Transitioning to the Mediterranean dash diet My personal diet plan Start the Mediterranean dash diet Master meal planner-1-week meal plan Weight Maintenance Diet Patterns Combining exercise with the Mediterranean dash diet Myths about the DASH Diet ... AND MORE! You can quickly get started with this diet by using the meal plan given in this book. In addition, start using all the different recipes given to cook delicious and healthy meals. You no longer have to compromise your taste buds for the sake of your health. Eat to your heart's content and improve your health while doing so. The Mediterranean diet will certainly change your relationship with food for the better. What are you waiting for? Don't wait anymore, press the buy now button and get started.

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meal, with delicious and innovative ideas. The tricks of the best nutritionists to follow an eating plan with less difficulty and less mental effort Preparation time, cooking time, servings and nutritional values for each recipe A super organized index divided by ingredients and meals, so you can have everything at your fingertips without any difficulty or waste of time. And Much More... BUY it NOW and let your customers get addicted to this amazing book!

mediterranean diet and dash diet: *The Everything Guide to the Insulin Resistance Diet* Marie Feldman, Jodi Dalyai, 2021-01-12 Lose weight while enjoying delicious meals with these 125 insulin resistant recipes and meal plans to improve your health and lower your risk for type 2 diabetes. Many people struggle with their weight, trying every new diet and health trend but still are unable to keep the weight off or lose unwanted belly fat. The problem may not be lack of willpower, but insulin resistance. When insulin can't do its job of removing sugar from the blood, that sugar is turned to fat, causing weight gain and increasing the risk of type 2 diabetes. But this damage can be reversed simply by changing your diet and activity level. In *The Everything Guide to the Insulin Resistance Diet*, you will learn how to choose healthy foods like fruits, vegetables, whole grains, fish, and lean poultry, while limiting the amount of unhealthy fat, sugar, meats, and processed starches. Now you can make the lifestyle changes you need to lose weight and improve your health with this valuable resource that includes 125 recipes and a 10-week plan for healthy eating and increased activity. With this guidebook you can have the body—and health—of your dreams, all while eating the delicious food you love!

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mediterranean diet and dash diet: Evidence-based Functional Foods for Prevention of Age-related Diseases Surajit Pathak, Antara Banerjee, Asim K. Duttaroy, 2023-07-06 This book illustrates the recent advancements in the role of functional foods in preventing age-related disorders. It correlates age-related diseases and the effect of dietary compounds from different functional foods, herbs, and nutraceuticals. Notably, the book describes unique nutrition problems in many chronic diseases such as bone disease, cardiovascular disorders, brain disorders, immune disorders, and cancers. The book also discusses the use of functional foods for controlling osteoporosis, improving bone strength, maintaining dental health, controlling obesity, gut health, and maintaining immune function using functional ingredients such as probiotics and prebiotics. Further, it presents the state of the art of aging and nutrigenomics research and the molecular mechanisms underlying the beneficial effects of bioactive nutrients on major aging-related disorders. Finally, the book embodies the latest findings and the mechanisms of actions of functional foods in aging and degenerative diseases and their beneficial uses in the aged population.

mediterranean diet and dash diet: Prevention and Treatment of Cardiovascular Disease Michael J. Wilkinson, Michael S. Garshick, Pam R. Taub, 2021-08-13 This book discusses all aspects of non-pharmacologic approaches to primary and secondary CVD prevention. It highlights the strength of evidence for particular diet styles in CVD prevention, including plant-based diets, the Mediterranean diet, the DASH diet, and low-carbohydrate diets. Chapters present evidence and future directions for diet and nutrition in diseases related to CVD, such as dyslipidemia, cardiometabolic disease (pre-diabetes, the metabolic syndrome, type-2 diabetes mellitus), and obesity. Finally, the book reviews novel and emerging aspects of dietary intervention in CVD prevention, such as dietary approaches to inflammation and the role of the microbiome in CVD.

Up-to-date, evidence-based, and clinically oriented, *Prevention and Treatment of Cardiovascular Disease: Nutritional and Dietary Approaches* is an essential resource for physicians, residents, fellows, and medical students in cardiology, clinical nutrition, family medicine, endocrinology, and lipidology.

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mediterranean diet and dash diet: Healthy Living Guide Healthy Living Healthy Living for Adults(tm), 2018-04-11 #1 Best Overall Diet (tie) and #1 Healthy Eating Diet (tie) by U.S News and World Report, Best Diets Ranking, January 3, 2018 Why a Mediterranean Diet? According to the Mayo Clinic, Research has shown that the traditional Mediterranean Diet reduces the risk of heart disease. The Mayo Clinic went on to state The Mediterranean diet is also associated with a reduced incidence of cancer, and Parkinson's and Alzheimer's diseases. Women who eat a Mediterranean diet supplemented with extra-virgin olive oil and mixed nuts may have a reduced risk of breast cancer. Why a Dash Diet? According to the Mayo Clinic By following the DASH diet, you may be able to reduce your blood pressure by a few points in just two weeks. Over time, your systolic blood pressure could drop by eight to 14 points, which can make a significant difference in your health risks. Because the DASH diet is a healthy way of eating, it offers health benefits besides just lowering blood pressure. The DASH diet is also in line with dietary recommendations to prevent osteoporosis, cancer, heart disease, stroke and diabetes. What is the Relevance of the MIND Diet? MIND stands for Mediterranean-DASH Intervention for Neurodegenerative Delay. It is similar to the Mediterranean and Dash Diets. The core MIND elements align well to the Mediterranean Diet. In a recent WebMD article named *The MIND Diet May Help Prevent Alzheimer's*, it states that Researchers have found that people who stuck to a diet that included foods like berries, leafy greens, and fish had a major drop in their risk for the memory-sapping disorder, which affects more than 5 million Americans over age 65. DON'T WAIT. GET YOUR HEALTHY LIVING GUIDE NOW!

mediterranean diet and dash diet: *The Mind Diet, Nutrition to Help Prevent Alzheimer's Disease* Victor R. Ramos, 2017-01-14 Your brain could be suffering without your knowledge. Most likely your brain is suffering at this very moment and you have no way of knowing or finding out, until you start to notice irreversible signs of decline. Our current diet is leading to all kinds of health problems: obesity, cancer, diabetes and cardiovascular disease, with increasing evidence that it also triggers Alzheimer's disease, now seen by some researchers as another form of diabetes, an issue addressed in this book. What can we do? Awareness campaigns for healthy diets have achieved limited success. Many continue to follow fad diets, but most do it for aesthetic reasons or health problems. Some popular diets like the Mediterranean and DASH diets are specifically focused on preventing cardiovascular disease and hypertension. And what about the brain? We have left it to the mercy of our bad eating habits, preservatives in processed foods, excess sugar and fat, and

environmental contaminants. All this happens because our brain does not complain – it does not have pain receptors – so we are not aware of its suffering and deterioration until it is too late. It is time to take care of our brain and prevent it from failing before the rest of our body by following a healthy diet that maintains its health and proper functioning. In *The MIND Diet, Nutrition to Help Prevent Alzheimer's Disease*,” you will discover what Alzheimer’s is and its causes and symptoms, among other topics, including a nutritional strategy for your daily life – all with a simple and direct style, addressed to the general public. As an easy-to-follow diet based on the latest scientific studies, the MIND diet can improve your overall health and dramatically reduce your risk of getting Alzheimer's disease.

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and maintaining lean body weight and waist size, and the cessation of smoking. It is estimated that 90% or more of those in westernized populations are on track for unhealthy aging and increased cardiometabolic disease risk, especially with the obesity pandemic associated with relatively poor diet quality and sedentary lifestyles. Healthy dietary patterns significantly lower risk of all-cause mortality and chronic disease incidence compared to Western dietary patterns. Since healthy whole and minimally processed plant foods vary widely in their nutrient and phytochemical compositions, their overall benefit in aging and disease may vary depending on the specific whole plant foods consumed.

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