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Food therapy: Eat well, feel better | The Independent

The NHS is delivering a new programme which provides a low calorie diet treatment for people who are overweight and living with Type 2 diabetes. The programme is based on two large studies which showed that, as a result of this treatment, people living with Type 2 diabetes who were overweight could improve their diabetes control, reduce diabetes-related medication and even achieve remission ...

NHS England » Low calorie diets to treat obesity and Type ...

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sickness, and is not intended as a substitute for the physician but should be an aid to the doctor in that it presents an adaptation of various classes of food to the body's need.--from the Preface

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The Mediterranean Diet consists of eating fresh fruits and vegetables. Diet therapy usually includes eliminating foods laden with unhealthy fats and simple starch.

[What is Diet Therapy? \(with pictures\) - wiseGEEK](#)

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A diet rich in soluble fiber, including oat bran, legumes, barley, and most fruits and vegetables, may be effective in reducing blood cholesterol levels. A diet high in all types of fiber may also aid in weight management by promoting satiety at lower calorie and fat levels.

[Dietary Therapy \(1 of 5\) - Home | NHLBI, NIH](#)

The International Dysphagia Diet Standardisation Initiative (IDDSI) have published new international standardised terminology and definitions to describe diet and fluid texture modification. The framework consists of a continuum of eight levels (0-7) identified by text labels, numbers and colour codes to improve safety and identification.

[Food and Fluid Terminology \(IDDSI\) - St George's...](#)

Among the MIND diet components are 10 "brain-healthy" foods: green leafy vegetables, such as spinach and kale. other vegetables, such as red peppers, squash, carrots and broccoli. nuts. berries, including blueberries and strawberries. beans, lentils and soybeans. wholegrains.

[New brain diet 'slows mental decline' - NHS](#)

Several credible systematic reviews have shown that a diet rich in fresh fruits and vegetables, whole grains and lean proteins can help to improve overall mood and general feelings of happiness; it...

[The Foods We Eat Do Affect Our Mental Health. Here's the...](#)

This therapy where diet has a major role to play is known as Nutritional Therapy. It is an approach to maximizing health potential through dietary tweaks and lifestyle changes. The concept of Nutritional Therapy promotes the therapeutic effects of particular foods for specific health conditions.

[What is Nutritional Therapy? How Is It Important? - NDTV Food](#)

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Instead of viewing meals as a breakdown of proteins, carbohydrates (sugars), and fats, Chinese dietary therapy utilizes the flavors and natures of foods as a guide to a well-balanced meal. Learning how to utilize the nature and flavors of foods and herbs is really where the true healing capacity of this diet lays.

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