

Patterns in Food: 21st Century Basic Skills Library

Food is an essential part of life. It provides the nutrients that our bodies need to function properly. However, not all foods are created equal. Some foods are more nutritious than others, and some foods can even be harmful to our health.

In the 21st century, it is more important than ever to be aware of the patterns in food consumption and to make healthy food choices. This article will discuss the most common food patterns and provide information on how to make healthy choices.

There are many different types of food patterns, but some of the most common include:



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Patterns All Around) by Rebecca Felix

★★★★☆ 4.6 out of 5

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- The Western Diet: This diet is characterized by high levels of processed foods, red meat, and saturated fat. It is also low in fruits, vegetables, and whole grains.

- The Mediterranean Diet: This diet is characterized by high levels of fruits, vegetables, and whole grains. It also includes moderate amounts of fish, poultry, and olive oil.
- **The Vegetarian Diet:** This diet excludes all meat and fish. It is based on fruits, vegetables, whole grains, and legumes.
- The Vegan Diet: This diet excludes all animal products, including meat, fish, eggs, and dairy. It is based on fruits, vegetables, whole grains, and legumes.
- The Paleo Diet: This diet is based on the foods that were available to humans during the Paleolithic era. It includes meat, fish, fruits, vegetables, and nuts. It excludes dairy products, grains, and processed foods.

No matter what type of diet you follow, there are some general principles that you can follow to make healthy food choices. These principles include:

- Eat plenty of fruits and vegetables. Fruits and vegetables are packed with nutrients that are essential for good health. They are also low in calories, so they can help you to maintain a healthy weight.
- Choose whole grains over refined grains. Whole grains are a good source of fiber, which can help to keep you feeling full and satisfied. They are also a good source of vitamins, minerals, and antioxidants.
- Limit processed foods. Processed foods are often high in calories, unhealthy fats, and added sugar. They can also be low in nutrients.
- Choose lean protein sources. Lean protein sources, such as fish, poultry, and beans, are a good source of protein without a lot of saturated fat.

- Limit unhealthy fats. Unhealthy fats, such as saturated fat and trans fat, can raise your cholesterol levels and increase your risk of heart disease.
- Drink plenty of water. Water is essential for good health. It helps to regulate your body temperature, lubricate your joints, and transport nutrients throughout your body.

Making healthy food choices is an important part of maintaining good health. By following the principles outlined in this article, you can make choices that will help you to live a long, healthy life.



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