

Physicians Committee

Dietary Guidelines Recommendations



✓ Plant-Based Diets

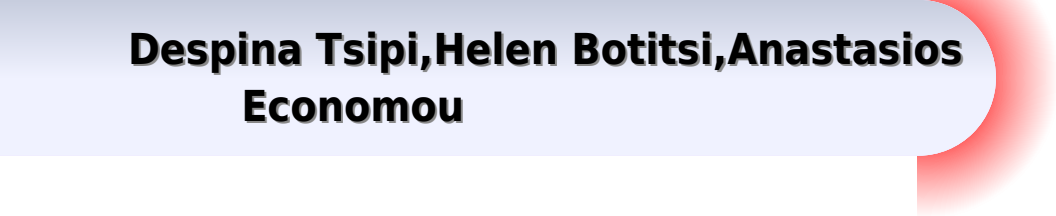
✗ Low-Carb Diets

✗ Dairy

✗ Processed Meat

Usda Guidelines 2014

**Despina Tsipi, Helen Botitsi, Anastasios
Economou**



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