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5. Go Lean With Protein. Eat Lean Or Low-fat Meat, Chicken, Turkey And Fish. Also, Eat More Beans And Peas. Add Chick Peas, Nuts Or Seeds To A Salad; Pinto Beans To A Burrito; Or Kidney Beans To Soup. 6. Change Your Oil. We All Need Oil. Get Yours From Fish, Nuts And Liquid Oils Such As Co 2th, 2024

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1.11 Support And Interventions For The Carers Of People With Dementia 34 1.12 Research Recommendations 36 2. INTRODUCTION 39 2.1 National Guidelines 39 2.2 The National Dementia Guideline 42 3. METHODS USED TO DEVELOP THIS GUIDELINE 44 3.1 Overview 44 3.2 The Scope 44 3.3 The Guideline Development Group 45 3.4 Key Questions 47 2th, 2024

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