

## Suzanne Somers Eat Great Lose Weight

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food healthy fair and sustainable for people and planet

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the eat lancet commission s scientific targets for healthy diets allow for  
individuals to prepare and consume meals in the total amount composition

and proportions that fit within the ranges of different

the eat lancet commission is a global interdisciplinary group of world leading researchers with expertise in nutrition health agriculture sustainability social justice and policy working together

12 feb 2026 the board of trustees of the norwegian eat foundation has decided to begin an orderly wind down of the foundation s operations in oslo during 2026

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