Complete the types of diet-related illnesses for each category and the Dietary Guidelines for Americans tips.

<table>
<thead>
<tr>
<th>Eating Disorders</th>
<th>Food Allergies</th>
<th>Chronic Disorders</th>
<th>Dietary Guidelines for Americans</th>
</tr>
</thead>
</table>

What can you do to avoid diet-related illnesses? 
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